



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Millet

Millet is gluten-free and rich in protein and fibre. It contains large amounts of polyphenols which act as antioxidants and may help prevent heart disease, cancers and diabetes.





K4 Charred Vegetable Skewers with Warm Millet

Warm millet tossed in lemon and mint dressing is a lovely match with these charred vegetable skewers.

Mix it up!

If you don't want to use skewers, heat a frypan with oil and toss prepared ingredients over medium-high heat for 5-10 minutes until tender and cooked to your liking. Or place on a tray and roast for 20 minutes.

 30 minutes

 4 servings

 Plant-Based

5 August 2022

Per serve: **PROTEIN** 15g **TOTAL FAT** 21g **CARBOHYDRATES** 73g

FROM YOUR BOX

MILLET MIX*	1 packet (250g)
RED ONION	1
ZUCCHINI	1
EGGPLANT	1
RED CAPSICUM	1
LEMON	1
MINT	1 packet
DIP	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, tomato paste

KEY UTENSILS

saucepan, oven tray, skewers (optional)

NOTES

*Millet mix: millet, currants, dried oregano

You can cook the skewers on the barbecue if you like.



1. COOK THE MILLET

Set oven to 220°C.

Place millet mixture in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE THE SKEWERS

Cut onion, zucchini, eggplant and capsicum into even pieces. Toss together with **3 tsp smoked paprika, 2 tsp tomato paste, oil, salt and pepper**. Thread evenly onto skewers and roast on a lined oven tray for 20 minutes until charred (see notes).



3. MAKE THE DRESSING

Zest and juice 1/2 lemon, chop mint to yield 1/4 cup (keep remaining for garnish). Whisk together with **3 tbsp olive oil, salt and pepper** in a large bowl.



4. DRESS THE MILLET

Place millet into bowl with the dressing. Mix well and season to taste with **salt and pepper**.



5. FINISH AND SERVE

Wedge remaining lemon.

Divide millet among plates. Top with skewers and a dollop of dip. Sprinkle with remaining mint and add a wedge of lemon.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

