



Product Spotlight: Sorghum


Sorghum is a type of grass that can grow up to 8 feet tall. It is full of fibre and protein, and it tastes like popcorn when popped.



K4 Sorghum Goodness Bowl with Avocado Dressing

Roasted tomatoes, beetroot and courgettes combined with dressed sprouts, pumpkin bites and sorghum. Finished with a creamy avocado dressing.

 30 minutes

 4 servings

 Plant-Based

8 April 2022

Keep it fresh!

Instead of roasting the beetroot and cherry tomatoes, dice and add to the bowl fresh. Add diced avocado and make a dressing of vinegar, oil, ground cumin, maple syrup, salt and pepper to drizzle over all.

Per serve: **PROTEIN** 10g **TOTAL FAT** 16g **CARBOHYDRATES** 45g

FROM YOUR BOX

SORGHUM	300g
PRE-COOKED BEETROOT	1 packet
CHERRY TOMATOES	1 bag (400g)
COURGETTES	4
FALAFEL/ PUMPKIN BITES	1 packet
AVOCADO	1
LIME	1
TRIO OF SPROUTS	1 punnet
DRIED CRAISINS	1 packet (40g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, thyme, ground cumin, apple cider vinegar

KEY UTENSILS

oven trays x 2, saucepan, stick mixer or small processor

NOTES

You can cook the bites in a frypan with a little oil if preferred.

Add a little extra water, if needed, to reach a drizzling consistency.



1. COOK THE SORGHUM

Set oven to 220°C.

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



2. ROAST THE VEGETABLES

Dice beetroot, halve cherry tomatoes and cut courgettes into wedges. Toss on a lined oven tray with **oil, 2 tsp thyme, 2 tsp cumin, salt and pepper**. Roast for 15–20 minutes until tender.



3. COOK THE PUMPKIN BITES

Line a second oven tray and add pumpkin bites. Cook for 15 minutes until golden and crispy (see notes).



4. MAKE THE SAUCE

Roughly chop avocado and place into a jug with zest and juice of half lime (wedge remaining), **1/2 cup water, salt and pepper**. Blend using a stick mixer until smooth and creamy (see notes).



5. TOSS THE SPROUTS

Halve snow pea sprouts and toss together along with other sprouts, **1 tbsp olive oil, 1 tbsp apple cider vinegar, salt and pepper**.



6. FINISH AND SERVE

Divide sorghum between bowls. Top with roasted vegetables, sprouts and avocado dressing. Sprinkle with cranberries and add a lime wedge.

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