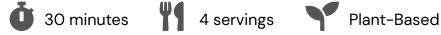




Sorghum Goodness Bowl

with Avocado Dressing

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







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.

TOTAL FAT CARBOHYDRATES

10g

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

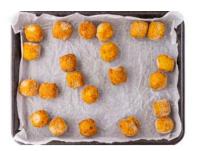
Set oven to 220°C.

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.

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



