



### Product Spotlight: Millet


Millet is a gluten-free grain and a great source of fibre and B vitamins. In years gone by, it was eaten more than rice due to its ability to grow in soils other grains wouldn't.



## K4 Stuffed Eggplants with Moroccan Flavours

Creamy roasted eggplants filled with millet and vegetables seasoned with mild harissa and chives, served with a simple leaf salad.

 30 minutes

 4 servings

 Plant-Based

10 June 2022

## Roast it up!

*Dice eggplant, zucchini, and capsicum. Wedge tomatoes. Toss on a lined oven tray with oil, salt and harissa sachet. Add sultanas to millet when cooking. Serve roasted vegetables on millet and garnish with chives.*

Per serve: **PROTEIN** 7g **TOTAL FAT** 5g **CARBOHYDRATES** 48g

## FROM YOUR BOX

|                          |               |
|--------------------------|---------------|
| MILLET                   | 1 tub (100g)  |
| SMALL EGGPLANTS          | 4             |
| RED CAPSICUM             | 1             |
| TOMATOES                 | 2             |
| ZUCCHINI                 | 1             |
| HARISSA SACHET           | 50g           |
| SULTANAS                 | 2 x 40g boxes |
| CHIVES                   | 1 bunch       |
| BABY BEETROOT AND LEAVES | 1 bag (180g)  |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice (we used apple cider)

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

If you receive eggplants that are a little larger, you may need to add another 5 minutes onto the cook time.

If desired you could skip this step and just serve the roasted eggplants onto the millet with the salad on the side.



### 1. COOK THE MILLET

Set oven to 200°C.

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



### 2. ROAST THE EGGPLANTS

Halve eggplants and score the flesh leaving a 1 cm border. Place on a lined oven tray and rub with **oil, salt and pepper**. Cook, cut side down, for 15–20 minutes until tender (see notes).



### 3. MAKE THE STUFFING

Heat a frypan over medium–high heat with **oil**. Dice capsicum and tomatoes. Grate zucchini, adding to pan as you go along with harissa paste and sultanas. Slice and add half the chives. Cook for 5 minutes. Season to taste with **salt and pepper**.



### 4. STUFF THE EGGPLANTS

Remove scored flesh from eggplants and mix through stuffing with millet. Spoon stuffing into eggplants and return to oven for 5 minutes (see notes).



### 5. DRESS THE LEAVES

In a bowl whisk together **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**. Add leaves and toss together.



### 6. FINISH AND SERVE

Spoon any left over stuffing onto plates and top with eggplants. Serve salad on the side and sprinkle with remaining chives.

**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](mailto:hello@dinnertwist.com.au)

