



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.



BBQ Skewers with Summer Grape Millet Salad

A rainbow of barbecued vegetable skewers served with a fresh salad of millet and red grapes and topped with a vibrant summer dressing.



30 minutes



2 servings



Plant-Based

Switch it up!

You can skip the skewers and roast your veggies in the oven until tender. Toss through the salad with the dressing!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	6g	69g

FROM YOUR BOX

MILLET	100g
LEMON	1
SHALLOT	1
ZUCCHINI	1
BUTTON MUSHROOMS	150g
CHERRY TOMATOES	200g
RED GRAPES	100g
ROCKET LEAVES	60g
SUMMER DRESSING	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, skewers

KEY UTENSILS

BBQ, saucepan

NOTES

Drain millet for at least 5 minutes or press it down in sieve to squeeze out the excess liquid.



1. COOK THE MILLET

Place **millet** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse (see notes).



2. PREPARE THE SKEWERS

Zest **lemon**. Cut **shallot** and **zucchini** into even pieces. Add to a large bowl along with **mushrooms**, **cherry tomatoes**, **oil**, **3 tsp paprika**, **salt** and **pepper**. Toss to coat. Thread onto **skewers**.



3. BBQ THE SKEWERS

Heat a BBQ over medium-high heat with **oil**. Add **skewers** and cook for 10–15 minutes, turning, until vegetables are tender.



4. PREPARE THE SALAD

Halve **grapes**. Add to a large bowl along with millet, **rocket leaves** and juice from **1/2 lemon** (wedge remaining). Toss to combine.



5. FINISH AND SERVE

Divide salad among plates. Serve with skewers and lemon wedges. Drizzle with **dressing** to taste.



Scan the QR code to
submit a Google review!

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**

