

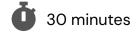




BBQ Skewers

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.







Switch it up!

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

TOTAL FAT CARBOHYDRATES

13g

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

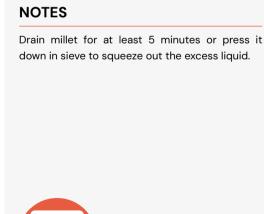
oil for cooking, salt, pepper, ground paprika, skewers

KEY UTENSILS

BBQ, saucepan

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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.





