



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 because it grew in soils where other grains wouldn't.



Spiced Persian Grain Bowl

Warm Persian-spiced roasted vegetables served over fluffy lemon-dressed millet, dolloped with a creamy garlic and lemon coconut yoghurt and finished with toasted almonds and fresh parsley.

Switch it up!

You can add chickpeas to the tray bake if you would like more protein! Toss everything together to make a warm millet salad.



40 minutes



Plant-Based



2 servings

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	12g	11g	68g

FROM YOUR BOX

MILLET	100g
SWEET POTATO	400g
RED CAPSICUM	1
ZUCCHINI	1
RED ONION	1
PERSIAN SPICE MIX	1 packet
LEMON	1
GARLIC CLOVE	1
COCONUT YOGHURT	120ml
PARSLEY	1 packet
FLAKED ALMONDS	20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

oven tray, saucepan, small frypan

NOTES

Drain millet for minimum 5 minutes or press down in sieve to squeeze out excess liquid.

Persian Spice Mix: (all spices ground) turmeric, cinnamon, nutmeg, cardamom, cumin, coriander, chilli powder and garlic granules.



1. COOK THE MILLET

Set oven to 220°C.

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



2. ROAST THE VEGETABLES

Dice **sweet potato**, slice **capsicum** and **zucchini** into crescents. Wedge **onion**. Toss on a lined oven tray with **Persian spice mix, oil, salt and pepper**. Roast for 25–30 minutes or until cooked through.



3. PREPARE LEMON YOGHURT

Combine **lemon zest**, **crushed garlic clove** and **1 tbsp olive oil** with **coconut yoghurt**. Season with **salt and pepper** to taste.



4. PREPARE THE TOPPINGS

Chop **parsley**. Toast **almonds** in a dry frypan over medium heat for 2–3 minutes, or until golden. Set aside.



5. TOSS THE MILLET

Whisk together **1/2 lemon juice** (wedge remaining) with **2 tbsp olive oil, salt and pepper**. Toss through **millet** along with **1/2 parsley and 1/2 almonds**.



6. FINISH AND SERVE

Arrange **millet** in bowls, top with **roasted vegetables** and dollop with **lemon yoghurt**. Garnish with remaining **parsley** and **almonds**. Serve with **lemon wedges**.



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