



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.



Stuffed Eggplants with Moroccan Flavours

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



30 minutes



2 servings



Plant-Based

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 spring onions

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	8g	3g	35g

FROM YOUR BOX

MILLET	50g
EGGPLANT*	1
RED CAPSICUM	1
TOMATO	1
ZUCCHINI	1
HARISSA SACHET	50g
SULTANAS	30g
SPRING ONIONS	1 bunch
BABY BEETROOT AND LEAVES	1 bag

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.

**Graffiti eggplant was replaced with medium eggplant due to availability.*



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1. COOK THE MILLET

Set oven to 200°C.

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



2. ROAST THE EGGPLANTS

Quarter **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 **tomato**. Grate **zucchini** (use 1/2 or to taste), adding to pan as you go along with **harissa paste** and **sultanas**. Slice and add half the **spring onions**. 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 spring onions**.

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