

**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 grow!



Roast Chermoula Pumpkin with Millet

Butternut pumpkin slices and vegetables roasted with Simon Johnson's full-flavoured chermoula paste, tossed with millet, fresh leaves and cherry tomatoes, finished with a spiced yoghurt dressing and dukkah.



35 minutes



4 servings



Plant-Based

Adjust the heat!

You can use less chermoula paste if you are sensitive to heat. Add milder spices to the roast vegetables for flavour; ground cumin, coriander and smoked paprika work well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	22g	73g

FROM YOUR BOX

MILLET	200g
BUTTERNUT PUMPKIN	1
RED CAPSICUM	1
RED ONION	1
CHERMOULA PASTE	1 jar
CHERRY TOMATOES	200g
MESCLUN LEAVES	60g
COCONUT YOGHURT	1 tub
HEMP DUKKAH	1 packet

FROM YOUR PANTRY

oil for cooking, salt

KEY UTENSILS

oven tray saucepan

NOTES

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

We roasted the pumpkin with the skin on, but you can peel it prior to roasting if you prefer!



1. COOK THE MILLET

Set oven to 220°C.

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. ROAST THE VEGETABLES

Meanwhile, slice **pumpkin**, **capsicum** and **onion** (see notes). Toss on a lined oven tray with **3 tbsp chermoula paste** and **2 tbsp oil**. Roast for 25–30 minutes or until cooked through.



3. PREPARE THE SALAD

Halve **tomatoes**. Toss with **mesclun leaves** and set aside.



4. PREPARE YOGHURT SAUCE

Combine **yoghurt** with **1–2 tbsp chermoula paste**. Season with **salt** to taste.



5. TOSS THE MILLET

Add millet and **dukkah** to roasted vegetables and gently toss together.



6. FINISH AND SERVE

Divide the tossed millet and vegetables with fresh salad among plates. Drizzle with yoghurt sauce to taste and serve remaining on the side.



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