



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.



40 minutes



Plant-Based



4/6 servings

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.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	11g	11g	60g/50g

FROM YOUR BOX

	4 PERSON	6 PERSON
MILLET	200g	200g + 100g
SWEET POTATO	800g	800g
RED CAPSICUM	1	2
ZUCCHINI	1	2
RED ONION	1	1
PERSIAN SPICE MIX	1 packet	2 packets
LEMON	1	2
GARLIC CLOVE	1	1
COCONUT YOGHURT	120ml	2 x 120ml
PARSLEY	2 packets	2 packets
FLAKED ALMONDS	2 x 20g	3 x 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.



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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).



4. PREPARE THE TOPPINGS

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



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.



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**.

6P – use juice from 1 lemon.



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.

6P – use 1 1/2 lemon zest and 1 1/2 tbsp olive oil.



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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