



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



Santorini Grain Bowl

A wholesome grain bowl with millet, grilled Mediterranean vegetables, cherry tomatoes, and fresh cucumber. Finished with tangy pickled shallot, crunchy toasted seeds, and a spoonful of garlic skordalia.



35 minutes



Plant-Based



2 servings

Switch it up!

You can add some chickpeas or marinated olives to the bowl. Fresh chopped mint or parsley can also add more fragrance.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	24g	50g

FROM YOUR BOX

MILLET	100g
SHALLOT	1
LEMON	1
GOURMET EGGPLANTS	2
YELLOW CAPSICUM	1
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
DILL	1 packet
SUNFLOWER/PEPITA SEEDS	40g
SKORDALIA	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, sugar of choice, sumac or smoked paprika

KEY UTENSILS

BBQ or griddle pan, saucepan, small frypan (optional)

NOTES

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

Use 1 tsp smoked paprika if you don't have sumac.



1. COOK THE MILLET

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. PICKLE THE SHALLOT

Thinly slice or dice **shallot**. Combine with **1/2 lemon juice** (wedge remaining), **1 tsp sugar** and pinch of **salt**. Set aside.



3. GRILL THE VEGETABLES

Heat BBQ or griddle pan over medium-high heat. Slice **eggplants** and **capsicum**. Toss with **1/2 tsp sumac** (see notes), **oil**, **salt and pepper**. Grill **vegetables** for 3–5 minutes each side until tender.



4. PREPARE THE TOPPINGS

Halve **tomatoes** and dice **cucumber**. Chop **dill**. Toast **seeds** (optional) in a dry frypan for 1–2 minutes, or until golden.



5. PREPARE THE TOPPINGS

Divide **millet**, grilled **vegetables** and **fresh toppings** among bowls. Add a dollop of **skordalia**, garnish with **pickled shallot** and **toasted seeds**. Serve with **lemon wedges** on the side.

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