



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## 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.

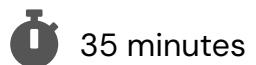


## Santorini Grain Bowl

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.

### Switch it up!

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



35 minutes



Plant-Based



4/6 servings

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	25g	51g

## FROM YOUR BOX

	4 PERSON	6 PERSON
MILLET	200g	200g + 100g
SHALLOT	1	1
LEMON	1	1
GOURMET EGGPLANTS	4	4
YELLOW CAPSICUM	1	2
CHERRY TOMATOES	200g	2 x 200g
LEBANESE CUCUMBER	1	2
DILL	1 packet	2 packets
SUNFLOWER/PEPITA SEEDS	40g	2 x 40g
SKORDALIA	1 tub	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 2 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 tsp sumac** (see notes), **oil**, **salt** and **pepper**. Grill **vegetables** for 3–5 minutes each side until tender.

**6P – use 1 1/2 tsp sumac on vegetables.**



### 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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