

Product Spotlight: Millet

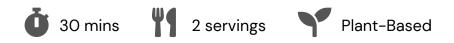
Millet is gluten free, rich in protein and fibre. It contains large numbers of polyphenols which act as antioxidants and may help prevent heart disease, cancers and diabetes.

4 Cinnamon Millet

with Crispy Chickpeas

3 September 2021

Millet tossed with cooked vegetables, cumin seeds and cinnamon, served with crispy chickpeas and fresh garnishes.



Mix it up!

Add some nuts or dried fruit to this recipe. Pine nuts, almonds, pistachios, sultanas, currants or dried apricots would all make a great addition.

FROM YOUR BOX

MILLET	1 packet (100g)
TINNED CHICKPEAS	400g
RED ONION	1/2 *
GREEN CAPSICUM	1
BROCCOLI	1/2 *
OLIVES	1/2 jar *
PARSLEY	1/2 bunch *
LEMON	1/2 *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cinnamon, cumin seeds, 1/2 stock cube

KEY UTENSILS

frypan with lid, saucepan

NOTES

Instead of sautéing the vegetables, you could oven roast them for 15-20 minutes.



1. COOK THE MILLET

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 under cold water.



2. CRISP THE CHICKPEAS

Heat a frypan over medium-high heat with oil. Drain and rinse the chickpeas, pat dry. Add to pan with 2 tsp cumin seeds. Cook for 5 minutes, until chickpeas are crispy. Remove to a plate, season with salt and pepper.



3. PREPARE VEGETABLES

Slice onion and capsicum. Cut broccoli into florets, drain and slice olives.



4. SAUTÉ THE VEGETABLES

Reheat frypan over medium-high heat with oil. Add prepared vegetables along with 1 tsp cinnamon, 1/4 cup water and 1/2 stock cube. Cook, covered, for 6-8 minutes. Toss through millet. Season with salt and pepper.



5. PREPARE GARNISH

Roughly chop parsley leaves and cut 1/2 lemon into wedges.



6. FINISH AND SERVE

Divide millet into shallow bowls, top with chickpeas and parsley. Serve with lemon wedges.

