



### Product Spotlight: Basil

Basil helps restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestion and boosts immunity.



## 4 Thyme Roast Mushrooms With Sorghum

Garlic and thyme roasted mushrooms along with a nutty sorghum salad, creamy nut cheddar from Noshing Naturally, sweet basil leaves and a balsamic glaze.



30 minutes



2 servings



Plant-Based

22 February 2021

## Spice it up!

*You can add any toasted nuts or seeds (flaked almonds and pepita seeds work great!) to the dish if you have some.*

Per serve: **PROTEIN** 17g **TOTAL FAT** 15g **CARBOHYDRATES** 62g

## FROM YOUR BOX

SORGHUM	100g
FIELD MUSHROOMS	400g
CHERRY TOMATOES	1 bag (200g)
RED ONION	1/2 *
BASIL	1 packet (20g)
SNOW PEAS	1/2 bag (125g) *
NUT CHEDDAR	1 packet
BALSAMIC GLAZE	1 sachet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, dried thyme, garlic (1 clove)

## KEY UTENSILS

saucepan, oven tray

## NOTES

Place a lid over the saucepan to quickly bring it to the boil. Simmer with lid half on to speed up the cooking time.



### 1. COOK THE SORGHUM

Set oven to 220°C.

Place sorghum in a saucepan and cover with plenty of water (see notes). Bring to the boil and simmer for 20–25 minutes. Drain and rinse under cold water. Set aside.



### 4. TOSS THE SALAD

Pick the basil leaves. Trim and halve snow peas. Dice nut cheddar. Toss together with cooked sorghum, roast tomatoes, onion and balsamic glaze. Season with **salt and pepper**.



### 2. PREPARE MUSHROOMS

Coat the mushrooms with **1/2 tsp dried thyme, 1 crushed garlic clove, oil, salt and pepper**. Place on a lined oven tray.



### 5. FINISH AND PLATE

Divide sorghum salad among plates. Top with roast mushrooms.



### 3. ROAST THE VEGGIES

Halve tomatoes and wedge onion. Toss on a lined oven tray (same one as mushrooms if there is room) with **oil, salt and pepper**. Roast veggies and mushrooms in oven for 15–20 minutes until tender and cooked through.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

