



### Product Spotlight: Sorghum


One of the most prominent micronutrients of sorghum is iron. One quarter cup of sorghum contains approximately 12% of your daily recommended intake.



## 4 Souvlaki Grain Bowl with Tofu Halloumi

Sorghum tossed in lemon zest and parsley, served in a bowl with roasted vegetables, home-made tofu halloumi, capsicum and eggplant dip.

 35 minutes

 2 servings

 Plant-Based

15 October 2021

## Switch it up!

*Use your tofu and vegetables to make kebabs. Thread onto skewers. Coat in oil, season with lemon zest, dried dill, salt and pepper and cook on the BBQ.*

Per serve: **PROTEIN** 34g **TOTAL FAT** 26g **CARBOHYDRATES** 60g



## FROM YOUR BOX

SORGHUM	1 packet (100g)
RED ONION	1/2 *
ZUCCHINI	1/2 *
GREEN CAPSICUM	1/2 *
FIRM TOFU	1 packet
LEMON	1
PARSLEY	1/2 bunch *
RADISHES	1/2 bunch *
CAPSICUM & EGGPLANT DIP	1 tub

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried dill

## KEY UTENSILS

saucepan, oven tray

## NOTES

If you don't have dried dill you can use dried oregano, dried thyme or dried rosemary.



### 1. COOK THE SORGHUM

Set oven to 220°C.

Place sorghum in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse. Return to saucepan.



### 2. ROAST VEGETABLES

Wedge red onion. Slice zucchini and capsicum. Toss on one side of a lined oven tray with **oil, 1 tsp dried dill, salt and pepper**. Place in oven.



### 3. MAKE TOFU HALLOUMI

Cut tofu into 1 cm thick triangles. Zest lemon. Coat tofu in **olive oil, 2 tsp lemon zest** (reserve remaining for step 4), and **salt**. Add to oven tray and bake for 15 minutes until golden.



### 4. TOSS THE SORGHUM

Roughly chop parsley leaves. Toss through sorghum along with 2 tsp reserved lemon zest and **1 tbsp olive oil**. Season with **salt and pepper**.



### 5. PREPARE TOPPINGS

Thinly slice radishes. Mix dip with with juice from 1/2 lemon (wedge remaining).



### 6. FINISH AND SERVE

Build bowls by spooning sorghum into base. Top with roast vegetables, tofu halloumi and radishes. Spoon on dip to taste.

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