



### Product Spotlight: Millet

Millet is a gluten-free grain and a great source of fibre and B vitamins. Back in the day, it was consumed more than rice due to its ability to grow in soils where other grains wouldn't.



## 2 Spiced Roast Veggies with Lemon Millet

Warmly spiced roast veggies with a wholesome millet salad, toasted almonds and a lemon coconut yoghurt dressing.

 30 minutes

 2 servings

 Plant-Based

9 November 2020

### Spice it up!

*You can add some fresh mint to garnish at the end, if you have some. Add some ground cinnamon, dried oregano or chilli flakes to the veggies for a yummiier flavour!*

Per serve: **PROTEIN** 19g **TOTAL FAT** 24g **CARBOHYDRATES** 79g

## FROM YOUR BOX

MILLET	1 packet (100g)
RED ONION	1/2 *
RED CAPSICUM	1/2 *
DUTCH CARROTS	1 bunch
COURGETTES	2
LEMON	1/2 *
COCONUT YOGHURT	1 tub (120g)
ALMONDS	1 packet (40g)
BABY SPINACH	1/2 bag (60g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried thyme, ground cumin

## KEY UTENSILS

saucepan, oven tray

## NOTES

Cook the millet in some stock for extra depth of flavour if preferred. You can also toss with olive oil, salt and pepper after cooking.

Scrub the dutch carrots and rinse before roasting to remove any sand that may be caught in the tops.



### 1. COOK THE MILLET

Set oven to 220°C.

Place millet in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse (see notes).



### 2. ROAST THE VEGETABLES

Wedge onion and slice capsicum. Trim and halve carrots lengthways (see notes). Dice courgettes. Toss on a lined oven tray with **2 tsp cumin, 1/4 tsp dried thyme, oil, salt and pepper**. Roast in oven for 25 minutes until cooked through.



### 3. MAKE THE DRESSING

Whisk together lemon juice, **1/4 tsp dried thyme**, coconut yoghurt and **1 tbsp water**. Season with **salt and pepper**. Set aside.



### 4. TOAST THE ALMONDS

Roughly chop almonds. Toast in a dry frypan over medium-high heat for 2–3 minutes until golden.



### 5. FINISH AND PLATE

Toss millet with spinach. Divide among plates and top with roast vegetables. Drizzle with lemon dressing and garnish with toasted almonds.

**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**

