



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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

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

 30 mins

 2 servings

 Plant-Based

3 September 2021

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.

Per serve: **PROTEIN** 21g **TOTAL FAT** 16g **CARBOHYDRATES** 86g

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.

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

