



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Za'atar

Za'atar is a blend of spices cherished in Middle Eastern cooking. This bold and aromatic spice blend is typically made up of sumac, oregano, sesame seeds, and cumin.



1 Za'atar Roasted Vegetables with Millet

Aromatic roasted vegetables tossed with millet and kale, finished with marinated nut feta.

 30 mins

 4 servings

 Plant-Based

18 June 2021

Make kale chips!

Instead of adding the kale to the salad raw, you can roast it in the oven for 10-12 minutes with the other vegetables. Lay them out on a lined oven tray, coat in oil, season with salt and pepper and enjoy!

Per serve: **PROTEIN** 11g **TOTAL FAT** 22g **CARBOHYDRATES** 56g

FROM YOUR BOX

MILLET	1 packet (200g)
BETROOTS	3
RED ONION	1/2 *
SMALL EGGPLANT	1
ZUCCHINI	1
ZA'ATAR	1 packet (15g)
KALE	1 bunch
MARINATED NUT FETA	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine vinegar

KEY UTENSILS

oven tray, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. COOK THE MILLET

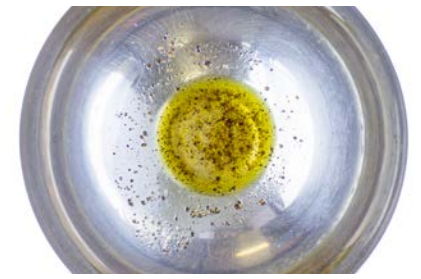
Set oven to 220°C.

Place the millet in a saucepan, cover with water and bring to a boil. Simmer for 15-20 minutes until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Wedge beetroot and red onion, cut eggplant and zucchini into roughly 1cm rounds. Arrange the prepared vegetables on a lined oven tray. Toss with **oil**, **za'taar**, **salt and pepper**. Roast for 15-20 minutes.



3. MAKE THE DRESSING

In a large bowl whisk together **3 tbsp olive oil**, **2 tbsp vinegar**, **salt and pepper**.



4. MASSAGE THE KALE

Remove the kale leaves from the stalk and roughly chop, add to the bowl with the dressing as you go. Gently massage the kale into the dressing.



5. FINISH AND PLATE

Toss the millet and roasted vegetables in the bowl with the dressing and kale. Divide evenly among shallow bowls and dot over marinated nut feta.

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**

