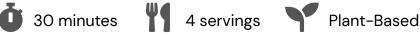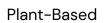**Product Spotlight: Basil**

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.

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.

🕐 30 minutes 🍴 4 servings 🌱 Plant-Based

22 February 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	9g	57g

FROM YOUR BOX

SORGHUM	200g
FIELD MUSHROOMS	600g
CHERRY TOMATOES	1 bag (400g)
RED ONION	1/2 *
BASIL	1 packet (60g)
SNOW PEAS	1 bag (250g)
NUT CHEDDAR	1 packet
BALSAMIC GLAZE	2 sachets

Ingredient also used in another recipe

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, 2 oven trays

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.

2. PREPARE MUSHROOMS

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

3. ROAST THE VEGGIES

Halve tomatoes and wedge onion. Toss on a lined oven tray with **oil, salt and pepper**. Roast veggies and mushrooms in oven for 15-20 minutes until tender and cooked through.

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**.

5. FINISH AND PLATE

Divide sorghum salad among plates. Top with roast mushrooms.

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**