




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

 4 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** 24g **CARBOHYDRATES** 55g

FROM YOUR BOX

SORGHUM	1 packet (200g)
RED ONION	1
ZUCCHINI	1
GREEN CAPSICUM	1
FIRM TOFU	2 packets
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, 2 oven trays

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 a lined oven tray with **oil, 2 tsp dried dill, salt and pepper**. Roast for 15–20 minutes until tender.



3. MAKE TOFU HALLOUMI

Cut tofu into 1 cm thick triangles and place on a lined oven tray. Zest lemon. Coat tofu in **olive oil**, 1 tbsp lemon zest (reserve remaining for step 4), and **salt**. Bake for 15 minutes until golden.



4. TOSS THE SORGHUM

Roughly chop parsley leaves. Toss through sorghum along with reserved lemon zest and **2 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.

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

