




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

Sorghum tossed in lemon zest and parsley, served in a bowl with roasted vegetables, sautéed beef mince, and capsicum and eggplant dip.

 35 minutes

 2 servings

 Beef

15 October 2021

Switch it up!

Use your beef mince and vegetables to make kebabs. Thread vegetables onto skewers and mould the mince on. Coat in oil, season with dried dill, salt and pepper and cook on the BBQ.

Per serve: **PROTEIN** 38g **TOTAL FAT** 18g **CARBOHYDRATES** 51g

FROM YOUR BOX

SORGHUM	1 packet (100g)
RED ONION	1/2 *
ZUCCHINI	1/2 *
GREEN CAPSICUM	1/2 *
GARLIC CLOVE	1
BEEF MINCE	300g
PARSLEY	1/2 bunch *
LEMON	1
RADISHES	1/2 bunch *
CAPSICUM AND EGGPLANT DIP	1 tub

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried dill (or dried oregano, rosemary or Italian herbs)

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

If you don't want to turn the oven on you can sauté the vegetables in the frypan with the beef instead.

If you want some extra flavour on your beef mince you can add some dried thyme or oregano.

No beef option - beef mince is replaced with chicken mince. Add oil to the pan and cook according to instructions.



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 THE VEGETABLES

Wedge red onion. Slice zucchini and capsicum. Toss on a lined oven tray with **oil, 1 tsp dried dill, salt and pepper**. Roast for 15–20 minutes until tender (see notes).



3. SAUTÉ THE BEEF

Heat a frypan over medium-high heat. Crush garlic, add to pan with beef. Sauté for 6–8 minutes until cooked through. Season with **salt and pepper** (see notes).



4. TOSS THE SORGHUM

Roughly chop parsley leaves (reserve some for garnish) and zest lemon to yield 2 tsp. Toss through sorghum along with **1 tbsp olive oil**. Season with **salt and pepper**.



5. PREPARE THE 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, beef, radishes and dollop on dip to taste. Garnish with lemon wedges and reserved parsley.

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

