



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 Beef & Millet

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

 30 mins

 4 servings

 Beef

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 to this dish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	15g	43g

FROM YOUR BOX

MILLET	1 packet (200g)
BEEF MINCE	600g
GREEN CAPSICUM	1
BROWN ONION	1
ZUCCHINI	1
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, 1 stock cube, cumin seeds

KEY UTENSILS

large frypan, large frypan with lid, saucepan

NOTES

Instead of sautéing the vegetables, you could oven roast them for 15–20 minutes.

If you don't have cumin seeds you can use ground cumin instead.

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



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. COOK THE BEEF

Heat a frypan over medium–high heat. Add beef mince and **2 tsp cinnamon**. Cook, stirring, for 6–8 minutes until cooked through. Season with **salt and pepper**.



3. SAUTÉ VEGETABLES

Heat a second frypan over medium–high heat with **oil**. Slice capsicum and onion. Dice zucchini, drain olives. Add to pan with **2 tsp cumin seeds, 1/2 cup water and stock cube**. Cook, covered, for 6–8 minutes. Toss through millet. Season with **salt and pepper**.



4. PREPARE THE GARNISH

Roughly chop parsley leaves and cut 1/2 lemon into wedges.



5. FINISH AND PLATE

Divide millet into shallow bowls. Top with cinnamon beef, chopped parsley and 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**

