



### Product Spotlight: Natural Yoghurt

Natural yoghurt contains good bacteria, known as "Probiotics", which can aid digestion and support a healthy digestive tract!



## Souvlaki Beef Grain Bowl

Millet tossed with parsley and served bowl-style with roasted vegetables, sautéed beef mince, and harissa yoghurt.

30 minutes

2 servings

Beef

28 July 2023

## 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** 52g **TOTAL FAT** 23g **CARBOHYDRATES** 67g

## FROM YOUR BOX

MILLET	100g
SHALLOT	1
ZUCCHINI	1
GREEN CAPSICUM	1
CHERRY TOMATOES	200g
GARLIC CLOVE	1
BEEF MINCE	300g
PARSLEY	1 packet
NATURAL YOGHURT	1 tub
HARISSA PASTE	1 sachet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary

## KEY UTENSILS

frypan, saucepan, oven tray

## NOTES

Substitute dried rosemary with fresh rosemary, dry or fresh oregano or thyme, or dried dill.

Crumble in a stock cube or use liquid stock to cook the millet for extra flavour.



### 1. COOK THE MILLET

Set oven to 220°C.

Place millet in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse. Drain millet for a minimum 5 minutes or press down in sieve to squeeze out excess liquid.



### 4. TOSS THE MILLET

Roughly chop parsley leaves. Toss through millet along with **2 tsp olive oil**.



### 2. ROAST THE VEGETABLES

Wedge shallot. Slice zucchini and capsicum. Toss on a lined oven tray along with cherry tomatoes, **oil, 2 tsp rosemary** (see notes), **salt and pepper**. Roast for 15–20 minutes until tender.



### 5. MIX THE HARISSA YOGHURT

Add yoghurt and harissa paste to a bowl and mix to combine.



### 3. SAUTÉ THE BEEF

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



### 6. FINISH AND SERVE

Divide millet among bowls. Top with roasted vegetables, spoon in beef mince and dollop over harissa yoghurt.



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