




Product Spotlight: Sorghum


Sorghum is high in protein and fibre and low in fat. Not just a food resource, it is one of the most important cereal crops worldwide and is also used in the production of biofuels.



K4 Golden Arancini with Tomato and Vegetable Sauce

Oven-baked arancini from The Gluten Free Lab, with a rich tomato sauce, served over sorghum and finished with almond parmesan.

 25 minutes

 4 servings

 Plant-Based

13 May 2022

Mix it up!

Dice eggplants, zucchini and shallot, toss with oil, salt and pepper, and roast on a tray along with the arancini. Warm the sauce. Serve arancini and vegetables on sorghum with sauce and dressed spinach leaves.

Per serve: **PROTEIN** 15g **TOTAL FAT** 16g **CARBOHYDRATES** 62g

FROM YOUR BOX

SORGHUM	200g
BABY EGGPLANTS	4
ARANCINI	1 packet (8)
RED ONION	1
ZUCCHINI	1
PASTA SAUCE	1 jar (500g)
BABY SPINACH	1 bag (120g)
ALMOND PARMESAN SPRINKLES*	1 packet (40g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Mix sorghum through the sauce if preferred.

Almond Parmesan Sprinkle Ingredients: almond meal, nutritional yeast, onion powder, salt



1. COOK THE SORGHUM

Set oven to 200°C.

Place sorghum in a saucepan and cover with water. Bring to the boil and simmer for 18–20 minutes or until tender. Drain and rinse under cold water.



2. COOK THE ARANCINI

Halve eggplants lengthways and toss with **1 tsp oregano, oil, salt and pepper**. Place on a lined oven tray along with arancini and bake for 12–15 minutes.



3. SAUTÉ THE VEGETABLES

Heat a large frypan over medium–high heat with **oil**. Slice onion and grate zucchini adding to pan as you go, along with **2 tsp oregano**. Cook for 4–5 minutes.



4. ADD THE SAUCE

Pour sauce into frypan along with **1 jar water**. Simmer covered for 8–10 minutes.



5. ADD THE SPINACH

Stir through spinach and simmer until cooked to your liking. Season with **salt and pepper**.



5. FINISH AND SERVE

Divide sorghum among bowls (see notes). Top with sauce, eggplant and arancini. Garnish with parmesan sprinkles.

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