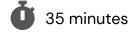




# Souvlaki Grain Bowl

# 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.







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.

TOTAL FAT CARBOHYDRATES

34g 26g

60g

#### FROM YOUR BOX

SORGHUM	1 packet (100g)
RED ONION	1/2 *
ZUCCHINI	1/2 *
GREEN CAPSICUM	1/2 *
FIRM TOFU	1 packet
LEMON	1
PARSLEY	1/2 bunch *
RADISHES	1/2 bunch *
CAPSICUM & EGGPLANT DIP	1 tub

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

saucepan, oven tray

#### **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 one side of a lined oven tray with oil, 1 tsp dried dill, salt and pepper. Place in oven.



## 3. MAKE TOFU HALLOUMI

Cut tofu into 1 cm thick triangles. Zest lemon. Coat tofu in olive oil, 2 tsp lemon zest (reserve remaining for step 4), and salt. Add to oven tray and bake for 15 minutes until golden.



# 4. TOSS THE SORGHUM

Roughly chop parsley leaves. Toss through sorghum along with 2 tsp reserved lemon zest and 1 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.



