



Millet Vegetable Bowl

Calories:161

Carb:24g

Fat:7.7g

Protein:4.5g

Prep Time:20 mins

Cook Time:25 mins

Total Time:45 mins

Servings:4

Category: Main course

ingredients

- 1 cup millet
- 2 1/2 cups water
- 3/4 tsp kosher salt
- 450g any root vegetables
- 1/2 tsp kosher salt
- 1 small onion
- 1 tsp garlic
- 1/4 tsp turmeric
- 1 tsp red chili
- 1 cup of coconut milk
- 1 large leaf kale stem removed
- 1 avocado
- Fresh cilantro
- Lime

directions

- Toast the millet in a heavy bottom pot for 3-5 minutes
- Remove the pot from the heat and pour the water, and salt and bring to a boil.
- Reduce heat and simmer the millet until tender for about 15 minutes.
- Turn off the heat, let the millet stand for a few minutes before fluffing with a fork.
- In another pot heat 2 tbsp of water over medium heat, add garlic and chopped onion.
- Cook for a few minutes until the onions are tender.
- Add turmeric, salt and chili powder, stir to combine.
- Add the sliced vegetables to the pot, whisk to combine and coat with the spice.
- Pour in the coconut milk, cover and cook until the vegetables are cooked through for 10-15 minutes. In a serving bowl, add millet, vegetable curry, sliced avocado.
- Garnish with cilantro and lime, enjoy!