

## 4 Delicious Millet Recipes

### Delicious Chocolate Porridge (Breakfast)

Serves: 2

#### Ingredients:

½ cup millet  
1 cup water, room temperature  
1 cup milk of choice  
1-2 tsp vanilla essence  
2 tbsp honey/maple syrup (optional)  
2 tbsp unsweetened cocoa powder  
½ tsp Robertson's cinnamon  
Salt, to taste

#### Serving suggestion:

Greek yoghurt  
Fresh raspberries  
Banana, sliced  
Almonds, flaked  
Honey

#### Method:

1. Add water to a saucepan and bring to a boil.
2. Add the millet and reduce to a simmer.
3. Whisk in the milk, vanilla essence, honey, salt, cocoa powder and cinnamon.
4. Bring the mixture to a boil then reduce the heat to a low, cover and allow to simmer for 20-25 minutes, stirring gently.
5. Serve, topped with your favourite toppings and ENJOY!!

## **Pesto & Feta Roast Veg Wrap (Lunch)**

Serves: 4 – 6

### **Ingredients:**

For the Millet:

1 cup millet  
2 cups water  
1 Knorr Vegetable Stock Pot

For the Roast Veg Wrap:

4 – 6 whole wheat tortilla wraps  
Cooked & fluffed millet  
1 ½ cups butternut, cubed roughly 2cm by 2cm  
1 ½ cups baby marrows, sliced into discs/rounds  
1 ½ cups peppers, cut into small chunks  
1 ½ cups red onion, cut into small chunks  
1 ½ cups cherry tomatoes, halved  
1 tbsp dried Italian herbs  
Salt & pepper, to taste  
2 tbsp oil, of choice  
1 cup feta cheese broken into chunks  
4 – 6 tbsp hummus  
4 – 6 tbsp basil pesto

Serving suggestion:

Leafy side salad  
Knorr Light Greek dressing

### **Method:**

For the Millet:

1. Add the water and Knorr stock pot to a medium-sized saucepan and bring to a boil.
2. Add millet and reduce to a simmer for about 15 minutes until most of the liquid has been absorbed.
3. Turn off the heat and allow to sit, covered for an extra 5-10 minutes before fluffing with a fork.

For the Roast Veg Wrap:

1. Pre-heat the oven to 180°C and grease a large baking tray.
2. Combine all the vegetables in a large bowl, ensure they are all cut to a roughly similar size. Add the spices, seasoning and oil and shake the bowl well.
3. Add the flavoured vegetables onto the tray and roast for 20 - 25 minutes until tender.
4. Combine the roasted vegetables, the prepared millet, the feta chunks and the pesto and mix gently.
5. Warm each tortilla in a dry pan, turning after a minute.
6. Lay a tortilla on a plate. Spread 1 tablespoon of hummus over the wrap, spoon a few tablespoons of vegetable-millet mixture onto the hummus and fold neatly. Repeat, folding the rest of the tortillas.
7. Serve with a simple, leafy salad dressed with Knorr Light Greek dressing and ENJOY!!

## Healthy Chocolate Crunchies (Snack)

Serves: 12 squares

### Ingredients

1 ½ cups water  
½ - ¾ cup Millet  
2 cups rolled oats  
½ cup desiccated coconut  
1/3 cup sunflower seeds  
1/3 cup pumpkin seeds  
1 cup goji berries  
1 tsp Robertson's cinnamon  
2 eggs  
1 tsp baking powder  
1/3 - ½ cup honey  
1 tsp vanilla essence  
½ cup creamy peanut butter  
1 cup dark chocolate, melted

### Method:

1. Add 1 ½ cups water and a pinch of salt to a medium sized saucepan and bring to a boil.
2. Add millet and reduce to a simmer.
3. Allow to cook for +/- 15 minutes. Take off heat and allow to cool. Fluff with fork and set aside.
4. Preheat the oven to 165°C and line a medium sized baking dish, 20 cm by 20 cm, with baking paper.
5. In a large bowl, mix together the millet, oats, desiccated coconut, the seeds, the goji berries, the cinnamon and the baking powder.
6. Whisk 2 eggs, add to the millet mixture and mix.
7. Combine the honey, vanilla essence and peanut butter in a separate, heatproof bowl and heat in the microwave for 30-45 seconds until a pourable consistency is reached.
8. Add the honey mixture to the seeds and fold through using a spatula. Add up to a tablespoon more honey, if necessary to help bind.
9. Transfer this mixture into the baking dish and press flat using the spatula
10. Bake for 15-20 minutes until golden brown.

11. Remove from the oven and allow to cool.

12. Pour melted chocolate onto the cooled crunchie base and refrigerate to set.

13. Slice, serve and ENJOY!

## One Pot Lemon Chicken Dinner

Serves: 4

### Ingredients

3 tbsp oil, of choice  
6-8 chicken thighs, skin-on  
Salt & pepper, to taste  
1 onion, diced  
3 cloves garlic, crushed  
1 cup millet  
2 cups boiling water, add 1 extra cup if necessary  
2 Knorr Chicken stock pots  
juice from ½ lemon  
½ lemon, sliced and pan seared  
1 tsp dried thyme  
1 – 2 tbsp chopped coriander

Serving suggestion:

Side salad  
Knorr Light Greek dressing

### Method:

1. Over a medium/high heat, heat half the oil in a large deep pan/skillet.
2. Season both sides of the chicken thighs with salt and pepper and rub with 1 tablespoon of oil all over. Fry skin-side-down until golden and crisp, 5-7 minutes. Turn the thighs around and allow to seal, 1 minute.
3. Transfer the chicken pieces to a plate.
4. Add the rest of the oil to the pan and allow to heat. Add the onion, garlic and millet and allow to cook, 5 minutes, stirring often. Add the water and the chicken stock pots and dried thyme and stir well. Add the chicken thighs back into the pan.
5. Bring to the boil, cover and reduce to a slow simmer.
6. Allow to cook for 20 – 25 minutes until the millet is tender and the chicken is cooked through. The liquid should be cooked away at this stage.
7. Adjust the seasoning and squeeze half a lemon over the chicken pieces. Add the lemon slices in between the chicken thighs.

8. Switch off the heat and leave to rest, covered for 5 minutes.

9. Garnish the dish with chopped coriander. Serve immediately with a fresh salad and ENJOY!!