

BASIL-LEMON SCENTED MILLET WITH ROASTED BROCCOLI

Serves 4-6.

2 Broccoli Heads (1 Kg), cut into florets
2-3 Tbsp. Extra Virgin Olive Oil
4 Cups Veggie Stock, plus extra if needed
2 Cups Raw Millet (couscous, pearl barley, or quinoa can also be used)
1 Cup Baby Arugula Leaves
1/2 Cup Torn Basil Leaves
3 Tbsp. Parsley, chopped
3 Tbsp. Toasted Sunflower Seeds
Sea Salt + Black Pepper

BASIL-LEMON OIL

1 Clove Garlic, finely chopped
1 Cup Basil leaves, torn
3/4 Cup Extra Virgin Olive Oil
3 Tbsp. Grape Seed or neutral tasting oil (avocado or even more olive oil)
Zest and Juice of 1 Lemon
Sea Salt and Black Pepper

1. Heat the oven to 200 C (400 F) and toss the broccoli with 1-2 Tbsp of the oil, and a little salt and pepper. Spread on a baking tray and roast for 20-25 minutes, or until tender.
2. Next, make the basil oil. Add the garlic, basil, one Tbsp. water in a blender and puree until a paste is made. Add the oil and zest and puree again. Slowly add the lemon juice until you get a tangy you're happy with (I used the entire lemon). Season with a pinch of salt and pepper and set aside.
3. To make the millet, bring the veggie stock to the boil. Add the millet and cover, letting simmer on low heat until the stock is absorbed and the millet is tender (about 25 minutes, but some millet may take longer or need an extra bit of water – [here is a millet cooking DIY](#)). Once cooked, let the millet sit for ten minutes to cool and fluff up. After the millet has rested, toss the grains with the basil oil and mix well.
4. To serve combine the roasted broccoli with the millet, arugula, herbs, salt and pepper. Drizzle with a little olive oil and garnish with sunflower seeds