

BUTTERNUT & MILLET PIE

6-8 portions

Simmer for 15 minutes with closed lid: *250 g millet*
500 ml water
15 ml vegetable stock

Sweat together, then transfer to large mixing bowl: *1 large onion, chopped*
60 ml sunflower oil

Add the following to the onions and mix through. Spread into an oven-proof dish, compacting lightly: *500 g grated butternut*
100 g cashew meal (plain nuts in blender)
100 g grated vegan cheese
4 cloves crushed chopped garlic
15 ml dry sweet basil
sprig fresh chopped rosemary
10 ml salt (only if stocks are not salty)
500 ml water
cooked millet

Bake at 350°F for 30-40 minutes until golden brown.
Indent the mixture at regular intervals and top with dollops of your favourite sauce, peppadews, capers and fresh basil or rosemary.

Serve with a side salad.

MILLET

- A **gluten-free** grain
- Mostly grown in India and East Africa
- Used whole or ground into a **flour**—cakes, baked goods
- Mostly used **whole** as a cereal, also a salad ingredient or side dish
- Rich in **essential amino acids**
- Notable **vitamins and minerals**, including calcium
- Rich in indigestible carbs that help **regulate blood sugar levels**
- **Low glycemic index** (GI) that won't spike blood sugar levels
- May help **lower cholesterol**

"Millet is a whole grain that's packed with protein, antioxidants, and nutrients."

Source <https://www.healthline.com/nutrition/what-is-millet>

Millet can be obtained in from Riverside Spice Emporium (Nelspruit)