

## Tofu Millet Salad



### Ingredients:

- 2 cups cooked millet
- 1 red capsicum cut into strips
- 1 yellow capsicum cut into strips
- 2 spring onions cut fine on angle
- 1 tspn fresh grated ginger
- 300 g cubed firm tofu, marinated in 50:50 tamari and water for approx 1 hour then drain
- 1 tbspn lemon juice
- 1 small garlic clove
- 2 tspns tamari

### Method:

1. Mix all ingredients together gently

## Millet Medley

### Ingredients:

- 1 cup hulled millet
- 3 cups water
- 1 small onion chopped
- 1 small carrot chopped
- 1 red capsicum diced
- Kernels of 1 corn cob
- 120 g green beans, chopped
- 1 tspn powdered ginger
- 2 tspns ground turmeric
- 1 tspn sea salt
- 2 tspns curry powder
- ½ cup pine nuts, toasted



### Method:

1. In a large frying pan dry-roast millet over medium heat, stirring constantly, until just brown.
2. Add water and bring to the boil.
3. Add vegetables, ginger, turmeric, sea salt and curry powder.
4. Return to the boil, cover, and simmer over low heat for 20-30 minutes.
5. Add pine nuts before serving.