



Millet tabbouleh (OP W)

Serving: 1

Veg

Ingredients

- -4 tbsp (or 1.5 small tea cups) foxtail millet, whole grains (kangni/korra/navane/thinnai)
- -2 tbsp cucumber
- -2 tbsp red tomato
- -2 tbsp onion
- -1 tbsp fresh coriander leaves
- -1 tbsp mint (substitute some of the herbs with parsley if you can find it)
- -12 garlic cloves
- - $\frac{1}{2}$ tsp rock salt
- - $\frac{1}{4}$ tsp ground black pepper
- - $\frac{1}{2}$ green chilli
- -2-4 tsp freshly squeezed lime juice

Preparation Method

- -Cook the millet grains in 1.5-2 cups water, till firm to the bite. Do not overcook to avoid the grains becoming mushy.
- -Chop the vegetables fine and mix with the spices, crushed garlic and the cooked millet.
- - Serve with hummus.