

Sesame Cucumber Spring Vegan Millet Recipe

Ingredients

- 1 cup dry millet
- ½ cucumber
- 2 scallions
- 1 clove garlic
- 1 tsp. grated ginger
- ¼ cup shelled peas
- 1 tbsp. shelled sunflower seeds
- 2 tbsp. sesame oil
- Juice of one lemon
- Salt and pepper, to taste

Steps

1. Start by cooking your millet. Add the dry millet to a medium sized saucepan, and heat to medium high. Cook for a couple minutes, stirring often, until the millet starts to become fragrant. Add two cups of water and a generous pinch of salt, cover with a lid, and bring to a boil before reducing the heat to a simmer. Cook covered until all the water is absorbed.
2. While the millet is cooking, chop the cucumber into small cubes. Chop the scallions into small pieces. Mince the garlic and grate the ginger.
3. Once the millet is cooked, combine all the ingredients in a mixing bowl. Toss it all to combine, and serve warm.

