



# Low FODMAP Summer Millet Salad

Serves: 8

Prep: 15 minutes

Cook: 30 minutes



Ingredients	Metric	Imperial
1 cup hulled millet seeds	200 g	7.1 oz
2 cups low FODMAP stock (chicken or vegetable)	500 g	17.6 oz
4 common tomatoes	476 g	16.8 oz
1 red capsicum	300 g	10.6 oz
1 large cucumber	175 g	6.2 oz
1½ cups rocket	40 g	1.4 oz
1 cup fresh parsley	15 g	0.5 oz
⅓ cup spring onion, green tips only	18 g	0.6 oz
⅓ cup fresh basil	6 g	0.2 oz
2 tsp garlic infused olive oil	9 g	0.3 oz
3 tbsp olive oil	54 g	1.9 oz
3 tbsp lemon juice	60 g	2.1 oz
2 tsp zest	5 g	0.2 oz
Salt and pepper, to season		

## Method

1. Place the millet in a medium sized saucepan with the low FODMAP stock. Add a pinch of salt. Cover the saucepan with a lid and place over medium high heat. Bring to a rolling boil and then turn down the heat to low. Allow to simmer for 15 to 20 minutes or until the liquid is absorbed. Remove from heat and stand for 10 minutes to allow the millet to become fluffy.
2. While the millet cooks, prepare the salad ingredients. Deseed and dice the tomatoes and red capsicum, peel and dice the cucumber, roughly chop the rocket, and finely chop the parsley, basil and green spring onion tips. Zest one of the lemons. Juice the lemons.
3. Place the cooked millet into a large salad bowl. Add the vegetables and herbs. Pour over the garlic-infused oil and olive oil, add lemon juice and zest. Season with a few grinds of black pepper. Mix the salad well. Taste and add more lemon juice or salt as needed.
4. Keep chilled until you are ready to serve. This dish is lovely on its own or makes a great side salad.

## Hints

- Make sure your low FODMAP stock doesn't include onion, garlic or other high FODMAP ingredients, Massel Stock powder is a great choice as it is Monash FODMAP Certified.

Nutrition Information (per serve)	
Energy	1090 Kj / 261 cal
Protein	6.30g
Carbohydrates	30.30g
Sugar	8.70g
Total Fat	12.00g
Saturated Fat	1.90g
Fibre	5.30g