



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Millet with red peppers

Suggestions: a dish easy to cook, full of taste and colour that will enrich your body with vitamins of the B group, vitamin C, magnesium, phosphorus, potassium, calcium, sodium, iron, zinc and manganese.

Instructions



Cook the millet in a pot with some water, coconut milk and salt until it is soft and fluffy; you can add some olive oil during the cooking to make it softer and not stick to the pot.



In another saucepan, slowly cook some chopped onions, garlic and anchovies in extra virgin olive oil so that they can mix together nicely; add the finely sliced red peppers to the sauce and let it all cook until it is all soft.
Serve the millet with the red peppers sauce on top.



If you like this recipe, I would like to read your comments!
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