



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: BRUSSELS SPROUTS

Brussels sprouts are packed full of health benefits including their ability to help lower cholesterol, balance hormone levels, improve digestion, protect the heart and aid the immune system.



# 1. CHEESY BAKED MUSHROOMS

## WITH CHILLI BRUSSELS SPROUTS

Oven roasted field mushrooms with melted nut cheddar cheese, alongside buckwheat with brussels sprouts and a chilli lemon dressing.

 30 Minutes

 2 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
17g	36g	42g

30 March 2020

## FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
FIELD MUSHROOMS	400g
NUT CHEDDAR CHEESE	1 packet
BRUSSELS SPROUTS	150g
SUGAR SNAP PEAS	1/2 bag (75g) *
RED ONION	1/2 *
RED CHILLI	1
LEMON	1

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, stock cube (1/2), garlic clove (1)

## KEY UTENSILS

saucepan with lid, frypan, oven tray

## NOTES

The stock cube will add extra flavour to the buckwheat. You can also try adding in some sliced garlic or a dried herb of choice.



### 1. COOK THE BUCKWHEAT

Set oven to 220°C. Place buckwheat and **1/2 crumbled stock cube** in a saucepan. Cover with water and simmer over medium-high heat for 10-12 minutes, or until cooked through. Drain and lightly rinse (see notes). Set aside.



### 2. BAKE THE MUSHROOMS

Coat mushrooms with **1 crushed garlic clove, oil, salt and pepper**. Place on a lined oven tray. Grate or slice cheese and divide evenly on top. Roast in oven for 10-15 minutes until mushrooms are tender and cheese is melted.



### 3. PREPARE THE VEGETABLES

Wedge brussels sprouts. Trim and halve sugar snap peas. Slice onion.



### 4. COOK THE VEGETABLES

Heat frypan over medium-high heat with **1/2 tbsp olive oil**. Cook vegetables for 5-6 minutes, or until just tender. Toss with cooked buckwheat.



### 5. DRESS THE BUCKWHEAT

Finely chop chilli. Combine with lemon zest, 1/2 the juice (wedge remaining) and **1 tbsp olive oil**. Toss through buckwheat and vegetables. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide buckwheat and vegetables among plates. Serve with baked cheesy mushrooms and lemon wedges.