



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.