



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: BUCKWHEAT

Buckwheat is a gluten-free seed which is actually closely related to the rhubarb plant! It is high in protein and contains resistant starch which is good for gut health!



## 4. BUCKWHEAT MINISTRONE

### WITH SMOKED TOMATOES

 35 Minutes

 2 Servings

 Plant-based

A hearty tomato minestrone soup packed with veggies and topped with smoked tomatoes from Naked Food Co, finished with fresh basil.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
8g	2g	63g

1 June 2020

## FROM YOUR BOX

RED ONION	1/2 *
CELERY STICK	1
BUTTERNUT PUMPKIN	1/3 *
BUCKWHEAT	1 packet (75g)
VEGGIE STOCK PASTE	1 jar
WHOLE PEELED TOMATOES	400g
KALE	1/2 bunch *
SMOKED TOMATOES	1/2 tub
BASIL	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried Italian herbs

## KEY UTENSILS

saucepan with lid

## NOTES

Use the top end of the pumpkin to make the rounds. Reserve the bottom for recipe 4.

Add some nutritional yeast at the end for a cheesy finish.



### 1. SAUTÉ THE VEGETABLES

Heat a saucepan over medium heat with **oil**. Dice onion, celery and pumpkin (see notes). Add to pan as you go along with **1 tsp dried Italian herbs**. Add buckwheat and cook for 5 minutes until vegetables are softened.



### 2. SIMMER THE SOUP

Increase pan heat to medium-high. Stir in veggie stock paste. Add whole peeled tomatoes and lightly crush with spoon. Pour in **3 cups water**, cover and simmer for 15 minutes.



### 3. ADD THE KALE

Slice kale leaves and stir through soup. Simmer for a further 2-3 minutes until wilted. Season to taste with **salt and pepper**.



### 4. PREPARE THE TOPPINGS

Drain and chop tomatoes. Pick basil leaves.



### 5. FINISH AND PLATE

Divide soup among bowls. Garnish with basil leaves and smoked tomatoes.