



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

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

 35 Minutes

 4 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
6g	2g	44g

1 June 2020

FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
CARROT	1
ZUCCHINI	1
BUCKWHEAT	1 packet (150g)
VEGGIE STOCK PASTE	1 jar
WHOLE PEELED TOMATOES	400g
KALE	1/2 bunch *
SMOKED TOMATOES	1 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

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, carrot and zucchini. Add to pan as you go along with **2 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 **5 cups (1.25L) 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

Stir 1/2 the tomatoes through the soup. Divide soup among bowls. Garnish with basil leaves and remaining smoked tomatoes.