



Product Spotlight: Buckwheat

Buckwheat is a gluten-free seed that is high in protein and fibre and is very nutrient-dense.



Buckwheat Chicken Paella

Buckwheat paella flavoured with our custom-blend Spanish spice mix, filled with veggies and finished with fresh and vibrant lemon!



25 minutes



2 servings



Chicken

6 January 2023

Top it!

If you want to add more traditional toppings to the paella, drizzle over some aioli, sprinkle over finely chopped parsley or drizzle over some garlic yoghurt for a more nutritious option.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	21g	59g

FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
SPRING ONIONS	1 bunch
TOMATO	1
SPANISH SPICE MIX	1 sachet
COURGETTES	2
LEMON	1
CHICKEN SCHNITZELS	300g
GREEN OLIVES	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube

KEY UTENSILS

saucepan, large frypan, BBQ

NOTES

You can cook the chicken on a BBQ, griddle pan or frypan.



1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until tender. Drain and rinse.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium–high heat with **oil**. Finely slice spring onions (reserve green tops for garnish) and chop tomato. Add to pan along with Spanish spice mix, **crumbled stock cube** and **1/3 cup water**. Cook for 5 minutes until softened.



3. ADD THE VEGETABLES

Slice courgettes. Add to pan and cook for a further 5 minutes.



4. BBQ THE CHICKEN

Heat a BBQ to medium–high heat (see notes). Zest lemon to yield 2 tsp. Coat chicken in **oil**, lemon zest, **salt and pepper**. Add to BBQ and cook for 4–5 minutes each side.



5. TOSS THE BUCKWHEAT

Drain and rinse olives. Add to pan with vegetables along with buckwheat. Toss well to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Wedge lemon.

Serve chicken and paella tableside. Garnish paella with reserved spring onion green tops and serve with lemon wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

