Product Spotlight: Buckwheat

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

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Buckwheat Wraps

with Curried Parsnip Ribbons

A quick and easy dinner, with mildly spiced coconut yoghurt topping off buckwheat wraps filled with fresh salad and burgers. Served with crunchy parsnip ribbons.

Wedges instead!

Instead of making the parsnip ribbons, slice the parsnips into wedges and cook for 20–25 minutes until tender.

🕐 25 minutes   🍴 2 servings   🌱 Plant-Based

27 May 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	32g	70g

FROM YOUR BOX

PARSNIP	1
TOMATO	1
LEBANESE CUCUMBER	1
MESCLUN LEAVES	1 bag (60g)
COCONUT YOGHURT	1 tub (125g)
VEGETABLE BURGERS	1 packet
BUCKWHEAT WRAPS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, vinegar, ground cumin

KEY UTENSILS

frypan, oven tray

NOTES

All curry powders are different in their strengths and heat levels. Use yours to taste.

1. MAKE PARSNIP RIBBONS

Set oven to 200ºC.

Peel parsnip into ribbons. Place on lined oven tray and toss with **oil, salt** and **1 tsp curry powder** (see notes). Place into oven for 10-15 minutes, tossing halfway through, until golden and crispy.

2. PREPARE THE FILLINGS

Slice tomato and cucumber. Arrange on a plate with mesclun leaves.

3. MIX THE YOGHURT

Tip yoghurt into a bowl and mix with **1/4 tsp curry powder** and **1 tsp vinegar**. Season to taste with **salt and pepper.**

4. COOK THE BURGERS

Heat a frypan over medium high heat with **oil**. Rub burgers with **1 tsp cumin**. Add to pan and cook for 4-5 minutes or until heated through.

5. FINISH AND SERVE

Break burgers into pieces.

Layer wraps with fresh fillings. Place burger pieces and yoghurt on top. Roll up and enjoy. Serve with parsnip ribbons on the side.

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**