



### Product Spotlight: Buckwheat

Despite its name, buckwheat is not related to wheat and is actually gluten-free!



## Buckwheat Paella

### with Oyster Mushroom Scallops

A Spanish-inspired dish with spiced buckwheat tossed with tender vegetables, all topped with seared mushroom scallops and finished with a squeeze of lemon.



30 minutes



4 servings



Plant-Based

30 June 2023

## Spice it up!

*Add more depth of flavour with extra spices! You can add some saffron, dried rosemary or thyme! Add some fresh chopped parsley or chives to garnish.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	17g	27g	68g

## FROM YOUR BOX

BUCKWHEAT	200g
KING OYSTER MUSHROOMS	1 packet
LEMON	1
GREEN BEANS	1 packet (250g)
RED CAPSICUM	1
CORN COBS	2
CHOPPED TOMATOES	400g
VEGAN MAYONNAISE	100g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, smoked paprika, soy sauce

## KEY UTENSILS

large frypan, saucepan

## NOTES

Loosen the mayonnaise with 1/2-1 tbsp water if preferred.



### 1. COOK THE BUCKWHEAT

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



### 2. COOK THE MUSHROOMS

Trim mushrooms and slice into 1cm thick rounds. Toss with zest and juice from 1/2 lemon (wedge remaining), **1 tbsp soy sauce** and **pepper**. Heat a frypan over high heat with **oil**. Cook mushrooms for 2 minutes each side. Remove and set aside.



### 3. SAUTÉ THE VEGETABLES

Trim and halve beans. Slice capsicum and remove corn from cobs. Add all to pan over medium-high heat with **2 tbsp oil**. Stir in **2 tsp turmeric** and **3 tsp smoked paprika**. Cook for 5 minutes.



### 4. TOSS THE PAELLA

Add chopped tomatoes and simmer for a further 5 minutes. Stir cooked buckwheat through vegetables. Season with **salt and pepper** to taste.



### 5. FINISH AND SERVE

Top paella with oyster mushroom scallops and drizzle with mayonnaise (see notes). Serve with lemon wedges.



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