




### 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!



## 14 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.

 25 minutes

 4 servings

 Plant-Based

27 May 2022

## Wedges instead!

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

Per serve: **PROTEIN** 9g **TOTAL FAT** 20g **CARBOHYDRATES** 49g

## FROM YOUR BOX

PARSNIPS	3
TOMATOES	2
LEBANESE CUCUMBERS	2
MESCLUN LEAVES	1 bag (120g)
COCONUT YOGHURT	1 tub (200g)
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 trays x 2

## NOTES

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

By using 2 trays and spreading the parsnip ribbons out further you should get a more even cook and crunch level.



### 1. MAKE PARSNIP RIBBONS

Set oven to 200°C.

Peel parsnips into ribbons. Place on lined oven trays and toss with **oil, salt** and **1/2 tbsp curry powder** (see notes). Place into oven for 10–15 minutes, tossing halfway through, until golden and crispy.



### 4. COOK THE BURGERS

Heat a frypan over medium high heat with **oil**. Rub burgers with **2 tsp cumin**. Add to pan and cook for 4–5 minutes or until heated through.



### 2. PREPARE THE FILLINGS

Slice tomatoes and cucumbers. Arrange on a plate with mesclun leaves.



### 3. MIX THE YOGHURT

Tip yoghurt into a bowl and mix with **1/2 tsp curry powder** and **2 tsp vinegar**. Season to taste with **salt and pepper**.



### 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**

