



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Buckwheat

Buckwheat is a gluten-free seed that 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 and Veggie Bowl with Roasted Capsicum Dip

A mix of roasted chickpeas, carrots, beetroot and cherry tomatoes served with buckwheat. Seasoned with cumin and finished with roasted capsicum and eggplant dip.



30 minutes



4 servings



Plant-Based

25 November 2022

Spice it up!

Add some sumac, paprika or fresh herbs such as rosemary, thyme or oregano onto the roasting tray. Chopped parsley or basil could also be added to the buckwheat at step 4.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	7g	69g

FROM YOUR BOX

BUCKWHEAT	200g
DUTCH CARROTS	1 bunch
BEETROOTS	2
CHERRY TOMATOES	1 punnet
TINNED CHICKPEAS	2 x 400g
BABY CUCUMBERS	1 punnet
ROCKET LEAVES	1 bag (120g)
DIP	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds, ground coriander

KEY UTENSILS

saucepan, oven tray

NOTES

Toss the rocket and cucumbers with olive oil, vinegar, salt and pepper if you want a little more flavour in your salad.



1. COOK THE BUCKWHEAT

Set oven to 220°C.

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



4. DRESS THE BUCKWHEAT

Finely chop the carrot tops to yield 1/2 cup. Mix 2 tbsp dip with **2 tbsp water**. Stir both through the buckwheat and season to taste with **salt and pepper**.



2. ROAST THE VEGETABLES

Trim carrots (reserving green tops) and wedge beetroots. Place on a lined oven tray with tomatoes and drained chickpeas. Toss with **oil, 2 tsp cumin seeds, 2 tsp coriander, salt and pepper**. Roast for 15 minutes or until just tender.



5. FINISH AND SERVE

Divide buckwheat, roasted vegetables and chickpeas among bowls. Add cucumber, rocket and remaining dip to taste.



3. PREPARE THE FRESH SALAD

Cut cucumbers into sticks and place on a plate with rocket leaves (see notes).

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**

