




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!



14 Mixed Bean Cassoulet with Cashew Sour Cream

Lovely warmly spiced beans and vegetables served over buckwheat with a dollop of cashew sour cream.

 30 minutes

 4 servings

 Plant-Based

24 June 2022

Spice it up!

You can add something to this recipe that makes it more exciting if you're an adventurous foodie or you want to add a little more excitement to your cooking!

Per serve: **PROTEIN** 24g **TOTAL FAT** 16g **CARBOHYDRATES** 95g

FROM YOUR BOX

SOUR CREAM MIX*	80g
BUCKWHEAT	1 packet (200g)
RED ONION	1
SWEET POTATO	400g
ZUCCHINI	1
RED CAPSICUM	1
JIMJAM BEANS	1 jar
TINNED WHITE BEANS	400g
BASIL	1 packet (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, dried rosemary, ground cumin

KEY UTENSILS

large frypan, saucepan, kettle, stick mixer

NOTES

Use hot water from the kettle to speed this up.

If you have some fresh rosemary in the garden you use that instead.

**Sour Cream Mix Ingredients: raw cashews, nutritional yeast*



1. SOAK THE SOUR CREAM

Boil the kettle.

Place sour cream mix into a small bowl and cover with **1/2 cup boiling water** and **1/2 tbsp vinegar**. Leave to the side.



2. COOK THE BUCKWHEAT

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



3. SAUTÉ THE VEGETABLES

Heat a frypan over medium–high heat with **oil**. Slice red onion, dice sweet potato, zucchini and capsicum. Add to pan as you go and cook for 4–5 minutes. Season with **2 tsp rosemary** and **2 tsp cumin** (see notes).



4. ADD THE BEANS

Stir in Jimjam beans, white beans (including liquid) and **1/2 cup water**. Combine well and simmer, covered, for 10–15 minutes or until vegetables are tender. Season to taste with **salt and pepper**.



5. BLEND THE SOUR CREAM

Use a stick mixer and blend together the cashew mix until smooth and creamy. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop basil.

Serve buckwheat into bowls. Top with cassoulet, sour cream and basil.

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

