




Product Spotlight: Tahini


Zaatar is a spice mix used widely in the middle east. Like many spice blends the ingredients will vary, but essentially it will contain toasted sesame seeds, ground sumac, thyme and salt.




K2 Baked Zataar Mushrooms with Lemon Tahini Sauce

A full flavoured meal with Zataar spiced mushrooms and a tahini, garlic and lemon sauce. All baked in the oven and served over buckwheat, with leafy greens on the side.

 30 minutes

 2 servings

 Plant-Based

18 March 2022

Change it up!

If you are not a fan of Zataar you can use cumin, or a mix of fresh herbs such as rosemary, parsley and oregano. Zest the whole lemon and use a little to garnish as well.

Per serve: **PROTEIN** 28g **TOTAL FAT** 47g **CARBOHYDRATES** 61g

FROM YOUR BOX

BUCKWHEAT	100g
CHERRY TOMATOES	1 bag (200g)
FIELD MUSHROOMS	300g
ZATAAR	1 packet (15g)
TAHINI	1 jar
LEMON	1
GARLIC CLOVES	2
BABY LEAVES AND BEETROOT	1 bag (180g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar (or other), maple syrup

KEY UTENSILS

saucepan, oven dish

NOTES

Use leaves to taste.

Leftover tahini will keep in the fridge and is great to add to dressings, or check our blog for Salted Tahini Fudge recipe:



1. COOK THE BUCKWHEAT

Set oven to 200°C.

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



2. BAKE THE MUSHROOMS

Halve cherry tomatoes and place in a lined oven dish. Trim mushroom stems and add to dish. Sprinkle over Zataar and drizzle generously with **oil**. Place in oven and cook for 7 minutes.



3. MAKE THE SAUCE

In a bowl whisk together 1/2 cup tahini, zest and juice from 1/2 lemon, crushed garlic, and **1 1/2 cups water**. Leave to the side.



4. ADD THE TAHINI SAUCE

Remove dish from oven and pour sauce around (but not over) mushrooms. Return to oven and bake for a further 7–10 minutes or until mushrooms are cooked through.



5. DRESS THE LEAVES

In a bowl whisk together **1 tbsp olive oil**, **1/2 tbsp vinegar**, **1 tsp maple syrup**, **salt and pepper**. Add the leaves and toss together (see notes).



6. FINISH AND SERVE

Divide buckwheat among bowls. Add mushrooms and sauce to taste. Serve salad 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**

