



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!



K2

Caramelised Carrots and Beetroot with Buckwheat

Dutch carrots and beetroots roasted with caramelised balsamic glaze served with a nutty buckwheat salad and finished with a coconut yoghurt drizzle and spiced dukkah.



30 minutes



2 servings



Plant-Based

2 September 2022

Mix it up!

Add the cherry tomatoes to the tray when roasting for a warmer salad. You could also add fresh herbs such as basil, dill or thyme to the salad.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 8g | 11g | 80g |

FROM YOUR BOX

| | |
|----------------------|-----------------|
| BUCKWHEAT | 1 packet (100g) |
| DUTCH CARROTS | 1 bunch |
| BEETROOT | 1 |
| CARAMELISED BALSAMIC | 1 bottle |
| ORANGE | 1 |
| CHERRY TOMATOES | 1 packet (200g) |
| PARSLEY | 1 bunch |
| COCONUT YOGHURT | 1 tub |
| DUKKAH | 1 packet (15g) |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, garlic (1 clove), vinegar (of choice)

KEY UTENSILS

saucepan, oven tray

NOTES

You could toss the beetroot and carrots through the buckwheat as well if preferred.



1. COOK THE BUCKWHEAT

Set oven to 220°C.

Place buckwheat in a saucepan and cover with water. Bring to a boil for 10–15 minutes. Drain and rinse.



2. ROAST THE VEGETABLES

Trim carrots and wedge beetroots. Toss on a lined oven tray with 2 tbsp caramelised balsamic, **1 tsp coriander, oil, salt and pepper**. Roast in oven for 20 minutes until just tender.



3. PREPARE THE SALAD

Zest orange and set aside. Dice orange, halve cherry tomatoes and chop parsley.



4. MAKE YOGHURT SAUCE

Combine **1/2 crushed garlic clove** with coconut yoghurt, **1/2 tsp coriander** and **1 tsp vinegar**. Season with **salt and pepper**.



5. TOSS THE SALAD

Toss cooked buckwheat, reserved orange zest and salad components together with **1/2 tbsp olive oil** (see notes). Season with **salt and pepper**.



6. FINISH AND SERVE

Serve buckwheat salad onto plates. Add carrots and beetroots to the side. Spoon over yoghurt sauce to taste and sprinkle with dukkah.

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**

