Product Spotlight: Buckwheat

Buckwheat is a gluten-free seed which is actually closely related to the rhubarb plant! It is high in protein and contains resistant starch which is good for gut health!
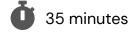
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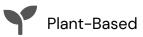
Roasted Fennel and Vegetables
with Creamy Zucchini Dressing

Sweet roasted fennel, carrots and beetroot tossed with protein rich buckwheat. Finished with a creamy zucchini dressing and walnuts.

Keep it fresh!

This salad can be kept cooler by leaving the fennel and carrots raw. Slice thinly and toss through the cooked buckwheat, or lightly pickle fennel in apple cider vinegar, sugar, fennel seeds, salt and pepper.

🕙 35 minutes   🍴 2 servings   🌱 Plant-Based

21 January 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	15g	52g	75g

1. ROAST THE VEGETABLES

Set oven to 220ºC.

Roughly chop carrots and 1/2 zucchini. Wedge fennel (keep green fronds) and beetroot. Toss together on a lined oven tray with **1 tsp fennel seeds, oil, salt and pepper.** Cook for 15-20 minutes until just tender.

2. COOK THE BUCKWHEAT

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

3. MAKE THE DRESSING

Roughly chop the remaining zucchini and place into a jug with 1/2 chopped chives, juice from 1/2 orange, **1/3 cup olive oil, 1 tbsp vinegar, 1 tsp sugar, salt and pepper.** Blend together with a stick mixer to a smooth consistency (see notes).

4. PREPARE FRESH TOPPING

Chop remaining chives, orange and walnuts (see notes). Toss together in a bowl.

5. TOSS THE SALAD

Toss roasted vegetables, fennel fronds and buckwheat together in a large bowl.

6. FINISH AND SERVE

Serve salad onto plates. Top with walnut mix and spoon over dressing to taste.