

**Product Spotlight:
Buckwheat**

Buckwheat is a gluten-free seed that is high in protein, fibre and very nutrient dense.



Greek Beef Meatball Ragu with Buckwheat

Lemon and chilli beef meatballs simmered in a veggie-full tomato ragu and served over buckwheat with fresh oregano and lemon wedges.



30 minutes



2 servings



Beef

Speed it up!

Want to speed up this dish? Skip making the meatballs by adding beef mince straight to a frypan over medium-high heat. Cook until browned then add remaining ingredients.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	8g	64g

FROM YOUR BOX

BUCKWHEAT	100g
LEMON	1
BEEF MINCE	300g
SHALLOT	1
ZUCCHINI	1
RED CAPSICUM	1
TOMATO PASSATA	1 bottle
KALE LEAVES	3
OREGANO	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, dried chilli flakes (optional)

KEY UTENSILS

large frypan, saucepan

NOTES

To bulk out the meatballs, add an egg and some quinoa flakes, lupin flakes or breadcrumbs of choice.

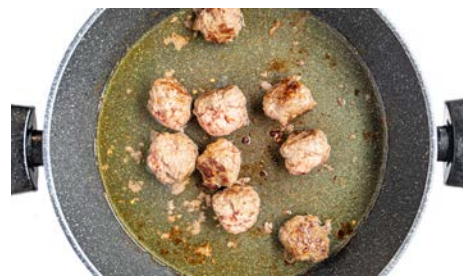
You can add extra flavours to the meatballs such as a crushed garlic clove, finely chopped fresh parsley or mint (or dried), grated shallot or ground cumin and coriander.

Serve this dish with slices of fresh red chilli or a sprinkle of dried chilli flakes or crumbed feta or goat cheese.



1. COOK THE BUCKWHEAT

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



2. MAKE & BROWN MEATBALLS

Zest lemon to yield 3 tsp. Add zest to a bowl with beef mince, **1/2 tsp chilli flakes, salt and pepper** (see notes). Mix and form into 6–8 meatballs. Heat a large frypan over medium–high heat with **oil**. Add meatballs and cook, turning, for 5 minutes until brown.



3. CHOP & ADD VEGETABLES

Meanwhile, wedge shallot, and dice zucchini and capsicum. Once meatballs are browned, remove from pan. Add chopped vegetables to pan and cook for 2 minutes.



4. SIMMER THE RAGU

Pour passata into pan along with **crumbled stock cube**. Stir to combine. Add meatballs back to pan. Cook, semi-covered, for 10 minutes.



5. ADD THE KALE LEAVES

Add kale leaves to pan. Squeeze in juice from half lemon (wedge remaining). Stir to combine. Season to taste with **pepper**.



6. FINISH AND SERVE

Divide buckwheat among shallow plates. Spoon in ragu and meatballs. Garnish with oregano leaves (see notes). Serve with lemon wedges.

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**

