



### 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.



## K4 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

 4 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** 20g **TOTAL FAT** 24g **CARBOHYDRATES** 53g

## FROM YOUR BOX

BUCKWHEAT	200g
CHERRY TOMATOES	1 bag (400g)
FIELD MUSHROOMS	600g
ZATAAR	1 packet (30g)
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

Left over 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.



### 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**

