



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!



## K4 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



4 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	10g	73g

## FROM YOUR BOX

BUCKWHEAT	1 packet (200g)
DUTCH CARROTS	1 bunch
BEETROOTS	3
CARAMELISED BALSAMIC	1 bottle
ORANGES	2
CHERRY TOMATOES	2 packets (2 x 200g)
PARSLEY	1 bunch
COCONUT YOGHURT	1 tub
DUKKAH	1 packet (30g)

## 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 beetroots 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 3 tbsp caramelised balsamic, **2 tsp coriander, oil, salt and pepper**. Roast in oven for 20 minutes until just tender.



### 3. PREPARE THE SALAD

Zest 1 orange and set aside. Dice oranges, halve cherry tomatoes and chop parsley.



### 4. MAKE YOGHURT SAUCE

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



### 5. TOSS THE SALAD

Toss cooked buckwheat, reserved orange zest and salad components together with **1 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**

