



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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!



## K4 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.

 35 minutes

 4 servings

 Plant-Based

21 January 2022

## 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.*

Per serve: **PROTEIN** 18g **TOTAL FAT** 51g **CARBOHYDRATES** 68g

## FROM YOUR BOX

CARROTS	3
ZUCCHINI	1
FENNEL	1
BEETROOTS	3
BUCKWHEAT	1 packet (200g)
CHIVES	1 bunch
ORANGE	1
WALNUTS	1 packet (100g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds, vinegar (of choice), sugar (or sweetener of choice)

## KEY UTENSILS

oven tray, saucepan, stick mixer/small processor

## NOTES

Process the dressing until thick and creamy. It may need a little water added if it is too thick.

Lightly toast the walnuts in a dry frypan or place into the oven for 2-3 minutes for extra crunch.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

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



### 4. PREPARE FRESH TOPPING

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



### 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.



### 5. TOSS THE SALAD

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



### 3. MAKE THE DRESSING

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



### 6. FINISH AND SERVE

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

**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**

