



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!



Ancient Grain Beef Stew

with Herbes de Provence

Hearty and warming, this beef stew is packed with veggies and leafy green silverbeet, flavoured with a custom-blend Herbes de Provence and served over nutty buckwheat.



30 minutes



4 servings

Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	8g	54g

FROM YOUR BOX

BUCKWHEAT	200g
BEEF MINCE	600g
BROWN ONION	1
CARROTS	2
GREEN BEANS	250g
GARLIC	2 cloves
HERBES DE PROVENCE	1 packet
TOMATO PASTE	1 sachet
SILVERBEET	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice

KEY UTENSILS

2 saucepans

NOTES

You can add extra veggies to the stew, such as diced potato, sweet potato, cherry tomatoes, frozen peas or mushrooms. Be sure to add more liquid and adjust the cooking time where necessary for the vegetables.

Herbes de Provence: dried thyme, dried marjoram, dried tarragon, fennel seeds, dried rosemary, dried mint



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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. BROWN THE BEEF MINCE

Heat a large saucepan over medium-high heat with **oil**. Add beef mince and break up, using the back of a cooking spoon. Cook for 5–7 minutes to brown (see step 3).



3. PREPARE THE VEGETABLES

While the beef browns; dice onion and slice carrots. Trim green beans and halve or third. Crush garlic (see notes).



4. SIMMER THE STEW

Add onion and garlic to beef, sauté for 5 minutes. Add remaining prepared ingredients along with herb mix, tomato paste, **crumbled stock cube** and **1L water**. Cover and simmer for 10–15 minutes until carrots are tender.



5. ADD THE SILVERBEET

Roughly tear or chop silverbeet leaves. Add to stew and cook for 2–4 minutes until wilted. Season stew to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide buckwheat among bowls. Ladle over beef stew.

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**

