



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!



Pork Koftas

with Buckwheat Parsley Salad

Pork koftas flavoured with warm allspice, served with a fresh salad of buckwheat and parsley tossed through a bright and zingy lemon dressing.



25 minutes



4 servings



Pork

Switch it up!

You could use the pork mince, red onion and cherry tomatoes to make kebabs if you prefer. Thread the ingredients onto skewers and cook on the BBQ. Serve with the buckwheat and parsley salad.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	41g	50g

FROM YOUR BOX

BUCKWHEAT	200g
LEMON	1
RED ONION	1
PARSLEY	1 packet
PORK MINCE	500g
GREEN BEANS	150g
CHERRY TOMATOES	2 x 200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground allspice

KEY UTENSILS

large frypan, saucepan

NOTES

You can form the koftas onto skewers if preferred.

Blanch the beans in hot water for 1–2 minutes if you prefer them cooked.



1. COOK THE BUCKWHEAT

Place **buckwheat** in a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until tender. Drain and rinse.



2. MAKE THE DRESSING

Zest and juice **lemon**. Add to a large bowl with **3 tbsp olive oil, salt and pepper**. Dice **red onion** (reserve 1/4 for step 3), add remaining to dressing. Stir to combine.



3. MAKE THE KOFTAS

Finely slice **parsley leaves**. Add 1/4 to a large bowl (reserve remaining) with **pork mince**, reserved red onion, **2 tsp allspice, salt and pepper**. Use **oiled** hands to form into 8 long koftas (see notes).



4. COOK THE KOFTAS

Heat a large frypan over medium–high heat with **oil**. Add koftas and cook, turning occasionally, for 8–10 minutes or until cooked through.



5. TOSS THE SALAD

Meanwhile, trim and slice **green beans** (see notes) and halve or quarter **cherry tomatoes**. Add to dressing bowl with buckwheat and reserved parsley. Toss until well combined.



6. FINISH AND SERVE

Divide the salad among shallow bowls and serve with koftas.



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