



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!



## L2 Smokey Corn Chowder with Buckwheat & Avocado Salsa

Hearty corn chowder flavoured with smoked paprika and dried thyme served over nutty buckwheat with zesty avocado salsa, jalapeño and smoked cheddar cheese.

 25 minutes

 2 servings

 Vegetarian

30 September 2022

## Switch it up!

*Make it a bowl! Cook the corn kernels and onion in the pan with spices. Serve on a bed of buckwheat and top with fresh diced tomato and avocado. Garnish with cheese and jalapeños and serve with lime.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	28g	95g

## FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
BROWN ONION	1
MEDIUM POTATOES	2
CORN COB	1
AVOCADO	1
TOMATO	1
LIME	1
JALAPEÑO	1
SMOKED CHEDDAR CHEESE	100g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried thyme, 1 stock cube (of choice)

## KEY UTENSILS

large saucepan, saucepan

## NOTES

If you prefer smooth chowder, use a stick mixer to blend some or all of the chowder. Add the smoked cheddar straight into the chowder to make it creamier if desired.

Roughly chop the jalapeños and add them to the salsa if desired.



### 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. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium-high heat with oil. Dice onion and potatoes (2cm). Remove corn from cobs. Add to pan as you go.



### 3. SIMMER THE CHOWDER

Add 1 1/2 tsp thyme, 2 tsp paprika and stock cube to vegetables. Stir in 750 ml water. Cover, bring to a boil and simmer for 15 minutes until potatoes are tender (see notes).



### 4. PREPARE THE SALSA

Dice avocado and tomato. Zest lime. Add to a bowl along with juice of 1/2 lime. Season with salt and pepper and toss to combine.

Wedge remaining lime and slice jalapeño (see notes).



### 5. FINISH AND SERVE

Season chowder to taste with salt and pepper.

Divide buckwheat among bowls. Ladle over chowder. Top with salsa and jalapeños to taste. Crumble over smoked cheddar.

**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**

