



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!



L4 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



4 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
	18g	22g	90g

FROM YOUR BOX

BUCKWHEAT	1 packet (200g)
BROWN ONION	1
MEDIUM POTATOES	3
CORN COBS	2
AVOCADOS	2
TOMATOES	2
LIME	1
PICKLED JALAPEÑOS	1 jar
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 **2 tsp thyme**, **3 tsp paprika** and **stock cube** to vegetables. Stir in **1.5 L water**. Cover, bring to a boil and simmer for 15 minutes until potatoes are tender (see notes).



4. PREPARE THE SALSA

Dice avocados and tomatoes. Zest lime. Add to a bowl along with juice from 1/2 lime. Season with **salt and pepper** and toss to combine.

Wedge remaining lime and set aside with jalapeños (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

