




Product Spotlight: Beetroot

Our healthy and delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. On top of that they can help reduce blood pressure, improve circulation and are great for the health of our eyes!



3 Maple Glazed Carrot & Buckwheat Salad

Nutty buckwheat tossed with maple roast beetroot, dutch carrots and orange, finished with a coconut yoghurt drizzle and spiced dukkah.

 30 minutes

 4 servings

 Plant-Based

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Mix it up!

Add any fresh herbs from the garden such as basil, dill or thyme to the salad. Add sumac, cinnamon or ground all spice to the vegetables before roasting.

Per serve: **PROTEIN** 9g **TOTAL FAT** 14g **CARBOHYDRATES** 63g

FROM YOUR BOX

BUCKWHEAT	1 packet (200g)
DUTCH CARROTS	1 bunch
BEETROOTS	3
ORANGE	1
PARSLEY	1/3 bunch *
SNOWPEA SPROUTS	1 punnet
GARLIC	1/2 clove *
COCONUT YOGHURT	1/2 tub (150g) *
DUKKAH	1 packet (30g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar, maple syrup, soy sauce (or tamari), ground coriander

KEY UTENSILS

saucepan, oven tray

NOTES

Toss the beetroots separate from the carrots to avoid staining.



1. COOK THE BUCKWHEAT

Set oven to 220°C.

Place buckwheat in a saucepan and cover with water. Bring to boil for 10–15 minutes. Drain and rinse.



2. ROAST THE VEGETABLES

Trim carrots and wedge beetroots. Toss on a lined oven tray with **2 tbsp maple syrup**, **2 tbsp soy sauce**, **oil and pepper**. Roast in oven for 20–25 minutes until cooked through.



3. PREPARE THE SALAD

Zest 1 orange and set aside. Slice oranges. Chop parsley. Set aside with sunflower sprouts.



4. MAKE YOGHURT SAUCE

Combine 1/2 crushed garlic clove with coconut yoghurt, **1 tsp coriander**, **1 tbsp vinegar** and **1 tbsp water**. Season with **salt and pepper**.



5. TOSS THE SALAD

Toss cooked buckwheat, reserved orange zest, salad components and roast vegetables with **olive oil**. Season with **salt and pepper**.



6. FINISH AND PLATE

Spread buckwheat salad on a serving plate. Drizzle with yoghurt sauce and sprinkle over dukkah.

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**

