



Product Spotlight: Kale

Kale was once known as a poor man's cabbage. It is from the brassica family, so it is related to broccoli, Brussels sprouts and cabbage. It is high in vitamin C and a great source of fibre



Warming Grain Bowl with Romesco Sauce

Nutty buckwheat served with root vegetables seasoned with lemon zest and roasted, crispy kale leaves, bright red pepper romesco sauce and fresh avocado.



30 minutes



2 servings



Plant-Based

Spice it up!

Spice up your romesco sauce with a few drops of your favourite hot sauce, dried chilli flakes or fresh red chilli!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	27g	80g

FROM YOUR BOX

BEETROOT	1
CARROTS	2
LEMON	1
BUCKWHEAT	100g
ROASTED PEPPERS	1 jar
GARLIC CLOVE	1
ALMOND AND NUTRITIONAL YEAST	1 packet
KALE	4 leaves
AVOCADO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander

KEY UTENSILS

oven tray, stick mixer

NOTES

For extra flavour, add finely chopped herbs such as parsley, mint or dill to the buckwheat.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop beetroots and carrots. Toss on a lined oven tray along with lemon zest (reserve remaining lemon for step 3), **3 tsp coriander, salt and pepper**. Roast for 20–25 minutes until tender.



4. ADD THE KALE LEAVES

Roughly tear kale leaves. Scrunch with **oil, salt and pepper**. Add to oven tray with vegetables and cook for further 5–7 minutes until kale leaves are crispy.



2. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 10–12 minutes until tender. Drain and rinse (see notes).



3. MAKE THE ROMESCO

Blend drained peppers, juice from 1/2 lemon (wedge remaining), garlic and almond and nutritional yeast mix until smooth.



5. FINISH AND SERVE

Slice avocado.

Divide buckwheat amongst bowls. Top with roasted vegetables, romesco and avocado slices.



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