





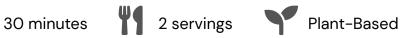
# **Warming Grain Bowl**

# 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.







# Spice it up!

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

TOTAL FAT CARBOHYDRATES

20g

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 beetroot 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.



# 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.



# 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.



# **5. FINISH AND SERVE**

Slice avocado.

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

