



Product Spotlight: Buckwheat


Despite its name, buckwheat is not related to wheat and is actually gluten-free!




Buckwheat Paella

with Oyster Mushroom Scallops

A Spanish-inspired dish with spiced buckwheat tossed with tender vegetables, all topped with seared mushroom scallops and finished with a squeeze of lemon.

 30 minutes

 4 servings

 Plant-Based

Spice it up!

Add more depth of flavour with extra spices! You can add some saffron, dried rosemary or thyme! Add some fresh chopped parsley or chives to garnish.

Per serve: **PROTEIN** 14g **TOTAL FAT** 16g **CARBOHYDRATES** 65g

FROM YOUR BOX

BUCKWHEAT	2 x 100g
KING OYSTER MUSHROOMS	1 packet
LEMON	1
GREEN BEANS	250g
RED CAPSICUM	1
CORN COBS	2
CHOPPED TOMATOES	400g
VEGAN MAYONNAISE	100g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, smoked paprika, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

Loosen the mayonnaise with 1/2-1 tbsp water if preferred.



1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and simmer for 10-12 minutes until tender. Drain and rinse.



2. COOK THE MUSHROOMS

Trim mushrooms and slice into 1cm thick rounds. Toss with zest and juice from 1/2 lemon (wedge remaining), **1 tbsp soy sauce** and **pepper**. Heat a frypan over high heat with **oil**. Cook mushrooms for 2 minutes each side. Remove and set aside.



3. SAUTÉ THE VEGETABLES

Trim and halve beans. Slice capsicum and remove corn from cobs. Add all to pan over medium-high heat with **2 tbsp oil**. Stir in **2 tsp turmeric** and **3 tsp smoked paprika**. Cook for 5 minutes.



4. TOSS THE PAELLA

Add chopped tomatoes and simmer for a further 5 minutes. Stir cooked buckwheat through vegetables. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Top paella with oyster mushroom scallops and drizzle with mayonnaise (see notes). Serve with lemon wedges.



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