



### 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!



## Buckwheat and Veggie Bowl

### with Relish

A mix of roasted chickpeas, carrots, beetroot and cherry tomatoes served with buckwheat. Seasoned with cumin and finished with a tomato relish.



30 minutes



2 servings



Plant-Based

### Spice it up!

Add some sumac, paprika or fresh herbs such as rosemary, thyme or oregano onto the roasting tray. Chopped parsley or basil could also be added to the buckwheat at step 4.

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	23g	18g	74g

## FROM YOUR BOX

BUCKWHEAT	100g
CARROT	1
BEETROOT	1
CHERRY TOMATOES	200g
TINNED CHICKPEAS	400g
LEBANESE CUCUMBER	1
ROCKET LEAVES	60g
TOMATO RELISH	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds, ground coriander

## KEY UTENSILS

saucepan, oven tray

## NOTES

Toss the rocket and cucumbers with olive oil, vinegar, salt and pepper if you want a little more flavour in your salad.



### 1. COOK THE BUCKWHEAT

Set oven to 220°C.

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. ROAST THE VEGETABLES

Slice carrot and wedge beetroot. Place on a lined oven tray with tomatoes and drained chickpeas. Toss with **oil, 1 tsp cumin seeds, 1 tsp coriander, salt and pepper**. Roast for 20 minutes or until tender.



### 3. PREPARE THE FRESH SALAD

Cut cucumber into sticks and place on a plate with rocket leaves (see notes).



### 4. DRESS THE BUCKWHEAT

Mix 1 tbsp relish with **1 tbsp water**. Stir through the buckwheat and season to taste with **salt and pepper**.



### 5. FINISH AND SERVE

Divide buckwheat, roasted vegetables and chickpeas among bowls. Add cucumber, rocket and remaining relish to taste.



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