



**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.

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.



30 minutes



4 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	10g	60g

FROM YOUR BOX

BUCKWHEAT	200g
DUTCH CARROTS	1 bunch
BEETROOTS	2
CHERRY TOMATOES	200g
TINNED CHICKPEAS	2 x 400g
LEBANESE CUCUMBERS	2
ROCKET LEAVES	1 bag (120g)
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

Trim carrots (reserving green tops) and wedge beetroots. Place on a lined oven tray with tomatoes and drained chickpeas. Toss with **oil, 2 tsp cumin seeds, 2 tsp coriander, salt and pepper**. Roast for 20 minutes or until tender.



3. PREPARE THE FRESH SALAD

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



4. DRESS THE BUCKWHEAT

Finely chop the carrot tops to yield 1/2 cup. Mix 2 tbsp relish with **2 tbsp water**. Stir both 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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