



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: GH Produce


GH Produce embraces a healthy, ethical and sustainable way of life. Their products showcase native Australian ingredients to create unique and delicious flavour combinations.



2 Island Curry Buddha Bowl

A buckwheat based Buddha bowl with fresh vegetables, grilled avocado, cashews and a summer-perfect sauce made with GH Produce's coconut island curry spice mix.

 30 minutes

 2 servings

 Plant-Based

10 December 2021

Spice it up!

Some great additions to this dish would be slices of fresh chilli, dried chilli flakes, lime wedges, and fresh herbs such as mint, basil or coriander.

Per serve: **PROTEIN** 20g **TOTAL FAT** 42g **CARBOHYDRATES** 59g

FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
AVOCADO	1
ISLAND CURRY MIX	1 sachet
COCONUT MILK	1 tin (165ml)
RED CAPSICUM	1
ASIAN GREENS	2 bulbs
CASHEWS	1 packet (40g)
BEAN SHOOTS	1 bag

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar of choice

KEY UTENSILS

2 saucepans, griddle pan

NOTES

You can also cook the avocado on the BBQ or in a frypan. Or keep it fresh.

You can turn this dish into a veggie stir-fry or curry if desired.



1. 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.



2. GRILL THE AVOCADO

Heat a griddle pan (see notes) over high heat. Halve and peel avocado. Coat with **2 tsp oil, salt and pepper**. Cook for 1–2 minutes each side until slightly charred.



3. MAKE THE SAUCE

Heat a saucepan over medium–high heat. Add island curry mix, coconut milk and **1 tsp vinegar**. Stir to combine. Simmer for 3–4 minutes.



4. PREPARE THE TOPPINGS

Thinly slice capsicum and Asian greens. Roughly chop cashews. Set aside with bean shoots.



5. FINISH AND SERVE

Divide buckwheat among bowls. Spoon over a little curry sauce then top with toppings, grilled avocado and serve with remaining island curry sauce.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

