

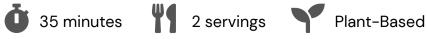
Product Spotlight: Buckwheat

Buckwheat is a gluten-free seed which is actually closely related to the rhubarb plant! It is high in protein and contains resistant starch which is good for gut health!



with Buckwheat

Succotash is a comforting Southern dish with vibrant seasonal veggies! We have given this dish a twist with grains of buckwheat for texture and added smokiness from Noshing Naturally's jalapeño havarti cheese.







This dish is also delicious with kidney or cannellini beans tossed through. Cook the vegetables with some dried thyme or oregano for added flavour if you have some.

FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
CHERRY TOMATOES	1 bag (200g)
BASIL	1 packet (20g)
NUT HAVARTI	1 packet
YELLOW CAPSICUM	1/2 *
COURGETTES	2
CORN COB	1
TOMATO CHUTNEY	1 tbsp *
SNOW PEA SPROUTS	1/2 punnet *
LEMON	1/2 *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika

KEY UTENSILS

frypan, saucepan

NOTES

When cooking the buckwheat, make sure there is plenty of water in the saucepan. Cover with a lid to help bring to the boil sooner, then remove the lid.



1. COOK THE BUCKWHEAT

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



2. PREPARE THE SALAD

Halve the tomatoes. Pick and roughly chop basil. Dice nut havarti. Set aside.



3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **1 tbsp oil**. Slice capsicum and courgettes. Remove corn from cob. Add to pan as you go along with **1 tsp smoked paprika**. Cook for 5 minutes until tender. Season with **salt and pepper**.



4. TOSS THE SALAD

Toss cooked buckwheat together with salad, sautéed vegetables and 1 tbsp tomato chutney. Season with **salt and pepper**.



5. FINISH AND PLATE

Divide succotash among bowls. Garnish with snow pea sprouts and serve with lemon wedges.

