



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



2 Moroccan Buckwheat Salad

Roasted vegetables and falafels tossed in a salad with buckwheat, dried apricots and a turmeric dressing.



30 mins



2 servings



Plant-Based

Add some dip!

Dollop some hummus or baba ganoush over your salad for extra flavour.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES
15g 16g 40g

FROM YOUR BOX

RED ONION	1/2 *
CAULIFLOWER	1/2 *
FALAFELS	1 packet (300g)
BUCKWHEAT	100g
LEMON	1/2 *
TOMATO	1
MINT	1 packet (10g)
SUGAR SNAP PEAS	1/2 bag (75g) *
DRIED APRICOTS+ALMONDS	1 packet (120g)

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, turmeric, cumin seeds, maple syrup (or sweetener of choice)

KEY UTENSILS

oven tray, saucepan

NOTES

We use maple syrup as our sweetener, but feel free to use a sweetener of your choice. If you have some pomegranate molasses, that would be the ideal, traditional sweetener.



1. ROAST THE VEGETABLES

Set oven to 220°C. Wedge red onion, roughly chop cauliflower, arrange on a lined oven tray. Coat vegetables in oil, 1 tsp turmeric, 1 tsp cumin, salt and pepper. Roast for 10 minutes, add the falafels to the tray with an extra drizzle of oil. Roast for further 10 minutes.



2. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 12–15 minutes until tender. Drain and rinse.



3. PREPARE THE DRESSING

Whisk together lemon juice, 2 tbsp olive oil, 1 tsp turmeric, 1 tsp maple syrup (see notes), salt and pepper.



4. PREPARE SALAD

Roughly chop the tomato, mint, sugar snaps and dried apricots.



5. TOSS THE SALAD

Add the roasted vegetables, buckwheat, dressing and prepared salad ingredients in a large bowl until well coated with dressing.



6. FINISH AND PLATE

Divide salad evenly among bowls, top with falafels and slivered almonds.

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**

