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!

3 Charred Corn and Buckwheat Salad

Nutty buckwheat salad with charred corn and a luscious nut feta cheese dressing.

Spice it up!

You could try blending half the rocket with the marinated feta dressing, this would give it a delicious peppery flavour.

30 mins   2 servings   Plant-Based

30 April 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	34g	91g

FROM YOUR BOX

BUCKWHEAT	100g
SWEET POTATO	300g
CHERRY TOMATOES	200g
ALMONDS	1 packet (30g)
CORN COB	1
MARINATED NUT FETA	1/2 jar *
LEMON	1
GARLIC	1 clove *
SPRING ONIONS	2 *
ROCKET	1/2 bag (60g) *

Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground paprika

KEY UTENSILS

oven tray, saucepan, griddle pan, stick mixer/ small blender

NOTES

You could char the corn on a bbq over high heat, or place it on the oven tray with the other vegetables if you prefer.

1. COOK BUCKWHEAT

Set oven to 220ºC.

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 8-12 minutes until al dente. Drain and rinse.

2. ROAST THE VEGETABLES

Dice sweet potatoes and halve cherry tomatoes. Toss on a lined oven tray with **oil, 1 tsp paprika, salt and pepper**. Roast for 15 minutes, chop and add almonds then roast for further 10 minutes.

3. CHAR CORN

Heat a griddle pan over high heat (see notes).

Remove husk and silk from corn. Coat corn in **oil, salt and pepper**. Grill until crisp and tender, about 4 minutes each side.

4. MAKE THE DRESSING

In a small blender, blitz the nut feta, juice of 1/2 lemon, 1 clove garlic, 2 tbsp oil from jar, **salt and pepper** to a smooth consistency.

5. TOSS THE SALAD

In a large bowl, toss the buckwheat, almonds, roasted vegetables, finely chopped spring onions and juice of 1/2 lemon. Season with **salt and pepper**.

6. FINISH AND PLATE

Make a bed of rocket in each bowl, divide salad evenly among bowls and drizzle over nut feta dressing.