



Product Spotlight: Buckwheat

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



3 Spring Lemon Buckwheat with Asparagus & Basil

A fresh lemon buckwheat salad with semi dried tomatoes, charred asparagus, peppery watercress and toasted almonds tossed with a dijon dressing.

 35 minutes

 2 servings

 Plant-Based

14 September 2020

Warm it up!

Don't feel like a salad? You can turn this dish into a soup or risotto instead! Cook the buckwheat and vegetables in some veggie stock. Top with fresh watercress and toasted nuts.

Per serve: **PROTEIN** 16g **TOTAL FAT** 61g **CARBOHYDRATES** 52g

FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
SWEET MUSTARD MAYONNAISE	1/4 jar *
LEMON	1/2 *
SLIVERED ALMONDS	1 packet (40g)
ASPARAGUS	1 bunch
CELERY STICK	1
WATERCRESS	1/2 sleeve *
SEMI DRIED TOMATOES	1 packet
BASIL	1/3 packet (20g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano

KEY UTENSILS

frypan, saucepan

NOTES

For more depth of flavour, add lemon zest or crushed garlic to the asparagus if you have some.



1. COOK THE BUCKWHEAT

Place buckwheat in saucepan and cover with water. Bring to boil for 12–15 minutes. Drain and rinse under cold water. Set aside.



2. MAKE THE DRESSING

Whisk together mayonnaise, **1/2 tsp oregano**, juice from 1/2 lemon and **2 tbsps olive oil**. Set aside.



3. TOAST THE ALMONDS

Add almonds to a dry frypan over medium-high heat. Toast for 3–4 minutes until golden.



4. COOK THE ASPARAGUS

Trim asparagus and slice into thirds. Toss with **oil, salt and pepper** (see notes). Reheat frypan over medium-high heat and cook asparagus for 5 minutes until tender.



5. TOSS THE SALAD

Slice celery, trim and slice watercress. Chop tomatoes and basil. Toss all together with cooked buckwheat, asparagus and dressing. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide buckwheat salad among bowls. Garnish with toasted 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**

