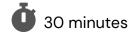




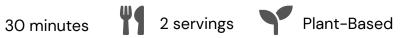
# **Roast Maple Fennel**

# with Beetroot & Buckwheat

A summery combination of fennel, beetroot and orange, tossed with wholesome buckwheat and a maple dressing.







# Stretch the Dish!

You can add sweet potato or chickpeas to roast with the veggies. Increase the dressing and throw in some fresh herbs such as mint or coriander!

PROTEIN TOTAL FAT CARBOHYDRATES

22g 61g

## **FROM YOUR BOX**

BUCKWHEAT	100g
BEETROOTS	2
FENNEL	1
ORANGE	1
CELERY STICK	1
LEBANESE CUCUMBER	1
ALFALFA SPROUTS	1/2 punnet *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, red wine vinegar, maple syrup

#### **KEY UTENSILS**

saucepan, oven tray

#### **NOTES**

Cover the buckwheat with plenty of water when cooking to prevent it from drying out.



# 1. COOK THE BUCKWHEAT

Set oven to 220°C.

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



### 2. ROAST THE VEGGIES

Scrub and wedge beetroots. Slice fennel bulb (reserve fronds). Toss on a lined oven tray with **2** tsp ground cumin, oil, salt and pepper. Roast for 20 minutes or until cooked through.



# 3. PREPARE THE DRESSING

Whisk together 1/2 tsp orange zest, 1 tbsp vinegar, 1 tsp maple syrup and 2 tbsp olive oil. Set aside.



# 4. PREPARE THE SALAD

Peel and dice orange, dice celery and cucumber. Toss with cooked buckwheat, beetroot, fennel, sprouts and dressing.



# 5. FINISH AND PLATE

Divide salad among bowls. Garnish with fennel fronds.



