




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!



2 Dukkah Beets with Orange Buckwheat Salad

A zesty orange and buckwheat salad with crunchy snow peas, mint and olives topped with spiced roast beets and finished with a sprinkle of dukkah.

 30 minutes

 2 servings

 Plant-Based

26 October 2020

Spice it up!

You could add a little maple syrup to the beets before roasting for a sticky finish or use ground cumin or coriander for a different flavour. Stretch the dish out with avocado or dollop with some coconut yoghurt for a creamy finish.

Per serve: **PROTEIN** 14g **TOTAL FAT** 37g **CARBOHYDRATES** 59g

FROM YOUR BOX

| | |
|-----------------|------------------|
| BEETROOTS | 2 |
| RED ONION | 1/2 * |
| CHERRY TOMATOES | 1/2 bag (100g) * |
| BUCKWHEAT | 1 packet (100g) |
| ORANGE | 1 |
| SNOW PEAS | 1/2 bag (75g) * |
| MINT | 1/3 bunch * |
| SPLIT OLIVES | 1/2 packet * |
| DUKKAH | 1 packet (20g) |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar, ground cinnamon

KEY UTENSILS

oven tray, saucepan

NOTES

Fill the saucepan with plenty of water when cooking the buckwheat so that it doesn't dry out over time. Keep an eye on it to make sure it doesn't boil over.



1. PREPARE THE BEETS

Set oven to 220°C.

Scrub (or peel) and wedge the beetroots. Toss on a lined oven tray with **1/4 tsp cinnamon, oil, salt and pepper**.



2. ROAST THE VEGGIES

Wedge onion and halve tomatoes. Toss on the same tray with **oil, salt and pepper**. Roast in oven for 20 minutes until tender and cooked through.



3. COOK THE BUCKWHEAT

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



4. PREPARE THE DRESSING

Zest orange to yield 1 tsp. Whisk together with **1 tbsp balsamic vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**.



5. TOSS THE SALAD

Peel and dice orange. Trim and slice snow peas. Slice mint leaves. Toss with olives, buckwheat, roast veggies (except beetroots) and dressing.



6. FINISH AND PLATE

Divide buckwheat among plates and top with beetroot. Scatter over dukkah to finish.

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**

