




### Product Spotlight: Hazelnuts


Hazelnuts are a good source of phytochemicals, protective and disease preventive properties found in plants. Regular consumption of hazelnuts has been linked with benefits to heart and brain health!



## 2 Rainbow Vegetable Hummus Bowl

A rainbow of roasted vegetables, served on buckwheat with hazelnuts and hummus.

 35 minutes

 2 servings

 Plant-Based

24 September 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	38g	79g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
RED ONION	1/2 *
ZUCCHINI	1/2 *
BUCKWHEAT	1 packet (100g)
GREEN BEANS	1/2 bag (75g) *
LEMON	1
ROASTED HAZELNUTS	1 packet (30g)
SNOW PEA SPROUTS	1/2 punnet *
LEMON AND DILL HUMMUS	1 tub

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried mint (see notes)

## KEY UTENSILS

saucepan, oven tray

## NOTES

If you don't have dried mint you can use dried oregano or Italian herbs.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin, wedge onion and slice zucchini. Toss on a lined oven tray with **oil**, **1 tsp dried mint, salt and pepper**. Roast for 20–25 minutes until tender.



### 2. COOK BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 10–12 minutes until tender. Trim and slice green beans, add to buckwheat for the last 2 minutes of cooking time. Drain and rinse.



### 3. MAKE THE DRESSING

Zest and juice lemon. Whisk with **2 tbsp olive oil, salt and pepper**.



### 4. PREPARE GARNISH

Roughly chop hazelnuts. Set aside with snow pea sprouts (halve the snow pea sprouts if desired).



### 5. DRESS THE BUCKWHEAT

Dress the cooked buckwheat and green beans with 2 tbsp prepared dressing. Stir through until well coated.



### 6. FINISH AND SERVE

To assemble bowls spoon in dressed buckwheat, top with roast vegetables, fresh garnishes and hummus. Drizzle over remaining dressing.

**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**

