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!

1 Sweetcorn Succotash
with Buckwheat

Succotash is a comforting Southern dish with vibrant seasonal veggies! We have given this dish a twist with grains of buckwheat for texture and added smokiness from Noshing Naturally's jalapeño havarti cheese.

Mix it up!

This dish is also delicious with kidney or cannellini beans tossed through. Cook the vegetables with some dried thyme or oregano for added flavour if you have some.

35 minutes   4 servings   Plant-Based

12 October 2020

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	24g	63g

1. COOK THE BUCKWHEAT

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

2. PREPARE THE SALAD

Halve the tomatoes. Pick and roughly chop basil. Dice nut havarti. Set aside.

3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **2 tbsp oil**. Slice capsicum and zucchini. Remove corn from cobs. Add to pan as you go along with **2 tsp smoked paprika**. Cook for 5 minutes until tender. Season with **salt and pepper**.

4. TOSS THE SALAD

Toss cooked buckwheat together with salad, sautéed vegetables and 2 tbsp tomato chutney. Season with **salt and pepper**.

5. FINISH AND PLATE

Divide succotash among bowls. Garnish with snow pea sprouts and serve with lemon wedges.