




### 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.

 35 minutes

 4 servings

 Plant-Based

12 October 2020

## 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.*

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

## FROM YOUR BOX

|                  |                 |
|------------------|-----------------|
| BUCKWHEAT        | 1 packet (200g) |
| CHERRY TOMATOES  | 1 bag (400g)    |
| BASIL            | 1 packet (60g)  |
| NUT HAVARTI      | 1 packet        |
| YELLOW CAPSICUM  | 1               |
| ZUCCHINI         | 1               |
| CORN COBS        | 2               |
| TOMATO CHUTNEY   | 2 tbsp *        |
| SNOW PEA SPROUTS | 1/2 punnet *    |
| LEMON            | 1/2 *           |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika

## KEY UTENSILS

frypan, saucepan

## NOTES

When cooking the buckwheat, make sure there is plenty of water in the saucepan. Cover with a lid to help bring to boil sooner, then remove the lid.



### 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.

**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](mailto:hello@dinnertwist.com.au)

