




Product Spotlight: Buckwheat


Despite its name, buckwheat is not related to wheat and is actually gluten-free!



2 Autumn Fennel Salad with Parsley Lemon Dressing

Pumpkin, fennel and apple roasted with warm cinnamon spice, tossed with buckwheat and finished with a lemon parsley dressing.

 30 mins

 4 servings

 Plant-Based

15 March 2021

Mix it Up!

You can add cherry tomatoes or some red onion to the roast vegetable tray to stretch this dish out.

Per serve: **PROTEIN** 13g **TOTAL FAT** 22g **CARBOHYDRATES** 64g

FROM YOUR BOX

BUCKWHEAT	200g
FENNEL	1
GREEN APPLES	2
SPRING ONIONS	1/3 bunch *
DICED PUMPKIN	1/2 bag (500g) *
PARSLEY	1/2 bunch *
ALMONDS	1/2 packet (75g) *
GARLIC	1/2 clove *
LEMON	1/2 *
SPROUTS	1 punnet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground coriander, ground cinnamon, maple syrup

KEY UTENSILS

saucepan, oven tray, stick mixer or small food processor

NOTES

If you don't have a food processor you can chop the parsley and almonds and toss through the salad. Use the lemon juice, maple syrup and olive oil to dress the buckwheat.



1. COOK THE BUCKWHEAT

Set oven to 220°C.

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 12–15 minutes until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Wedge the fennel (reserve fronds) and apples. Slice spring onions into 4cm pieces. Toss with pumpkin, **2 tsp ground coriander, 1 tsp cinnamon, oil, salt and pepper** on a lined oven tray. Roast for 20 minutes until golden and cooked through.



3. PREPARE THE DRESSING

Roughly chop parsley, 1/2 the almonds and 1/2 garlic clove. Blend together with lemon juice, **2 tsp maple syrup** and **2 tbsp olive oil** using a stick mixer or small food processor (see notes). Loosen with **1/2 cup water**. Season with **salt and pepper** to taste.



4. FINISH AND PLATE

Toss the cooked buckwheat with roast vegetables. Divide among plates. Chop remaining almonds and scatter on top with sprouts (use to taste). Spoon over dressing to taste and garnish with fennel fronds.

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**

