




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

 4 servings

 Plant-Based

24 September 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	27g	85g

FROM YOUR BOX

BEETROOTS	4
RED ONION	1
ZUCCHINI	1
BUCKWHEAT	1 packet (200g)
GREEN BEANS	1/2 bag (125g) *
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.

Wedge beetroots and onion. Slice zucchini. Toss on a lined oven tray with **oil, 1 1/2 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 3 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**

