



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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!



3 Charred Corn and Buckwheat Salad

Nutty buckwheat salad with charred corn and a luscious nut feta cheese dressing.

 30 mins

 4 servings

 Plant-Based

30 April 2021

Spice it up!

You could try blending half the rocket with the marinated feta dressing, this would give it a delicious peppery flavour.

Per serve: **PROTEIN** 16g **TOTAL FAT** 18g **CARBOHYDRATES** 83g

FROM YOUR BOX

BUCKWHEAT	200g
SWEET POTATOES	600g
CHERRY TOMATOES	200g
ALMONDS	1 packet (30g)
CORN COBS	2
MARINATED NUT FETA	1/2 jar *
LEMON	1
GARLIC	1 clove *
SPRING ONION	1/2 bunch *
ROCKET	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground paprika

KEY UTENSILS

oven tray, saucepan, griddle pan, stick mixer/
small blender

NOTES

You could char the corn on a bbq over high heat, or place it on the oven tray with the other vegetables if you prefer.



1. COOK BUCKWHEAT

Set oven to 220°C.

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 8–12 minutes until al dente. Drain and rinse.



2. ROAST THE VEGETABLES

Dice sweet potatoes and halve cherry tomatoes. Toss on a lined oven tray with **oil, 2 tsp paprika, salt and pepper**. Roast for 15 minutes, chop and add almonds then roast for further 10 minutes.



3. CHAR CORN

Heat a griddle pan over high heat (see notes).

Remove husk and silk from corn. Coat corn in **oil, salt and pepper**. Grill until crisp and tender, about 4 minutes each side.



4. MAKE DRESSING

In a small blender, blitz the nut feta, juice of 1/2 lemon, 1 clove garlic, 2 tbsp oil from jar, **salt and pepper** to a smooth consistency.



5. TOSS SALAD

In a large bowl, toss the buckwheat, almonds, roasted vegetables, finely chopped spring onions and juice of 1/2 lemon. Season with **salt and pepper**.



6. FINISH AND PLATE

Make a bed of rocket in each bowl, divide salad evenly among bowls and drizzle over nut feta 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**

