




### Product Spotlight: Buckwheat


Buckwheat is a gluten-free seed which is closely related to the rhubarb plant! It is high in protein and contains resistant starch which is good for gut health!



## 3 Spring Lemon Buckwheat with Asparagus & Basil

A fresh lemon buckwheat salad with semi dried tomatoes, charred asparagus, peppery watercress and toasted almonds tossed with a dijon dressing.

 35 minutes

 4 servings

 Plant-Based

14 September 2020

## Warm it up!

*Don't feel like a salad? You can turn this dish into a soup or risotto instead! Cook the buckwheat and vegetables in some veggie stock. Top with fresh watercress and toasted nuts.*

Per serve: **PROTEIN** 13g **TOTAL FAT** 37g **CARBOHYDRATES** 46g

## FROM YOUR BOX

BUCKWHEAT	1 packet (200g)
SWEET MUSTARD MAYONNAISE	1/4 jar *
LEMON	1/2 *
SLIVERED ALMONDS	1 packet (40g)
ASPARAGUS	1 bunch
BROCCOLINI	1 bunch
CELERY STICKS	2
WATERCRESS	1 sleeve
SEMI DRIED TOMATOES	1 packet
BASIL	1/2 packet (30g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, apple cider vinegar, dried oregano

## KEY UTENSILS

frypan, saucepan

## NOTES

For more depth of flavour, add lemon zest or crushed garlic to the asparagus if you have some.



### 1. COOK THE BUCKWHEAT

Place buckwheat in saucepan and cover with water. Bring to boil for 12–15 minutes. Drain and rinse under cold water. Set aside.



### 2. MAKE THE DRESSING

Whisk together mayonnaise, **1/2 tsp oregano**, **2 tsp vinegar**, juice from 1/2 lemon and **3 tbsp olive oil**. Set aside.



### 3. TOAST THE ALMONDS

Add almonds to a dry frypan over medium-high heat. Toast for 3–4 minutes until golden.



### 4. COOK THE GREENS

Trim asparagus and broccolini. Slice into thirds. Toss with **oil, salt and pepper** (see notes). Reheat frypan over medium-high heat and cook the greens for 5 minutes until tender.



### 5. TOSS THE SALAD

Slice celery, trim and slice watercress. Chop tomatoes and basil. Toss all together with cooked buckwheat, asparagus, broccolini and dressing. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide buckwheat salad among bowls. Garnish with toasted almonds.

**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**

