




### Product Spotlight: Olives


Around 80% of the calories in olives come from healthy fats. Maintaining a good level of healthy fats in your body is important to long-term health.



## 4 Buckwheat Galette With Mediterranean Vegetables

Naturally gluten-free buckwheat flour forms the base of this free form pastry, topped with broccoli, cherry tomatoes, red capsicum and Kalamata olives seasoned with dried oregano and Nut Cheddar.

 30 mins

 4 servings

 Plant-Based

16 April 2021

## Little Helpers!

*If you have some eager little helpers in the kitchen, this is a great chance to put them to work. Have them mix the pastry dough and press it onto the oven tray as well. They will love being included in dinner preparations.*

Per serve: **PROTEIN** 18g **TOTAL FAT** 40g **CARBOHYDRATES** 74g

## FROM YOUR BOX

BUCKWHEAT FLOUR	1 packet
BROCCOLI	1/2 *
CHERRY TOMATOES	1 bag (400g)
RED CAPSICUM	1
KALAMATA OLIVES	1 tub
TOMATO PASTE	2 sachets
BABY SPINACH	1/2 bag (100g) *
NUT CHEDDAR	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano

## KEY UTENSILS

2 oven trays

## NOTES

For your pastry dough you may need 1 or 2 extra tablespoons of water. Have some on hand to add in to the pastry if need be. The consistency you are looking for is for it to be smooth.

If you have a rolling pin and some extra flour, you can roll the dough out with a rolling pin to create a perfectly even circle.



### 1. MAKE GALETTE PASTRY

Set oven to 220°C.

In a large bowl combine flour, **1/2 cup water, 4 tbsp olive oil and salt**. Mix by hand until a dough ball forms (see notes).



### 2. SEASON VEGETABLES

Finely chop broccoli (including stems), halve cherry tomatoes and slice capsicum. Toss cut vegetables in a bowl with olives, **olive oil, 1 tsp dried oregano, salt and pepper**.



### 3. PRESS PASTRY

Line your oven trays. With your hands press half the pastry into oven tray to create an even circle, roughly 20cm wide (see notes), repeat on the second oven tray.



### 4. PREPARE BASES

Spread even amount of tomato paste on the pastry circles, leaving a 4cm gap around the edges. Top evenly with baby spinach.



### 5. FILL GALETTE

Grate nut cheddar and toss through vegetables. Top prepared galette bases with vegetables. Fold up the edges of the pastry to hold in the vegetables. Bake for 12-15 minutes or until the pastry is browned around the edges.



### 6. FINISH AND PLATE

Cut galette, share evenly among plates.

**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**

