



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Beetroot

Our healthy and delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. On top of that they can help reduce blood pressure, improve circulation and are great for the health of our eyes!



## 4 Roast Maple Fennel with Beetroot & Buckwheat

A summery combination of fennel, beetroot and orange, tossed with wholesome buckwheat and a maple dressing.

 30 minutes

 4 servings

 Plant-Based

18 January 2021

## Stretch the Dish!

*You can add sweet potato or chickpeas to roast with the veggies. Increase the dressing and throw in some fresh herbs such as mint or coriander!*

Per serve: **PROTEIN** 11g **TOTAL FAT** 17g **CARBOHYDRATES** 56g

## FROM YOUR BOX

BUCKWHEAT	200g
BEETROOTS	3
FENNEL	1
ORANGES	2
CELERY STICKS	2
LEBANESE CUCUMBER	1
BABY SPINACH	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, red wine vinegar, maple syrup

## KEY UTENSILS

saucepan, oven tray

## NOTES

Cover the buckwheat with plenty of water when cooking to prevent it from drying out.

If you don't like ground cumin you can use ground coriander or paprika instead.



### 1. COOK THE BUCKWHEAT

Set oven to 220°C.

Place buckwheat in a saucepan and cover with water (see notes). Bring to a boil and simmer for 10-12 minutes until tender. Drain and rinse.



### 2. ROAST THE VEGGIES

Scrub and wedge beetroots. Slice fennel bulb (reserve fronds). Toss on a lined oven tray with **3 tsp ground cumin, oil, salt and pepper** (see notes). Roast for 20 minutes or until cooked through.



### 3. PREPARE THE DRESSING

Whisk together 1 tsp orange zest, **2 tbsp vinegar, 2 tsp maple syrup** and **3 tbsp olive oil**. Set aside.



### 4. PREPARE THE SALAD

Peel and dice oranges, dice celery and cucumber. Toss with cooked buckwheat, beetroot, fennel, spinach and dressing.



### 5. FINISH AND PLATE

Divide salad among bowls. 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**

