



### Product Spotlight: Almonds

Almonds are high in antioxidants that can protect your cells from oxidative damage, a major contributor to ageing and disease.



## 2 Moroccan Buckwheat Salad

Roasted vegetables and falafels tossed in a salad with buckwheat, dried apricots and a turmeric dressing.

 30 mins

 4 servings

 Plant-Based

11 June 2021

*Add some dip!*

*Dollop some hummus or baba ganoush over your salad for extra flavour.*

Per serve: **PROTEIN** 27g **TOTAL FAT** 29g **CARBOHYDRATES** 61g

## FROM YOUR BOX

RED ONION	1/2 *
CAULIFLOWER	1/2 *
FALAFELS	2 packets (600g)
BUCKWHEAT	200g
TOMATOES	2
MINT	1 packet (10g)
SUGAR SNAP PEAS	1/2 bag (125g) *
DRIED APRICOTS+ALMONDS	1 packet (140g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, turmeric, cumin seeds, maple syrup (or sweetener of choice), vinegar (of choice)

## KEY UTENSILS

oven tray, saucepan

## NOTES

We use maple syrup as our sweetener, but feel free to use a sweetener of your choice. If you have some pomegranate molasses, that would be the ideal, traditional sweetener.



### 1. ROAST THE VEGETABLES

Set oven to 220°C. Wedge red onion, roughly chop cauliflower, arrange on a lined oven tray. Coat vegetables in **oil, 1 tsp turmeric, 1 tsp cumin, salt and pepper**. Roast for 10 minutes, add the falafels to the tray with an extra drizzle of **oil**. Roast for further 10 minutes.



### 4. PREPARE SALAD

Roughly chop the tomatoes, mint, sugar snaps and dried apricots.



### 2. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 12-15 minutes until tender. Drain and rinse.



### 5. TOSS THE SALAD

Add the roasted vegetables, buckwheat, dressing and prepared salad ingredients in a large bowl until well coated with dressing.



### 3. PREPARE THE DRESSING

Whisk together **3 tbsp olive oil, 3 tsp vinegar, 1 tsp turmeric, 1 tsp maple syrup (see notes), salt and pepper**.



### 6. FINISH AND PLATE

Divide salad evenly among bowls, top with falafels and slivered 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](mailto:hello@dinnertwist.com.au)

