



### Product Spotlight: Buckwheat

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



## Californian Grain Bowl

Nutty buckwheat served bowl style with radishes and dutch carrots pickled in a custom-blend spice mixture, sautéed mushrooms and spinach, avocado and boiled eggs.



30 minutes



2 servings



Vegetarian

## Add to it!

*Bowl-style meals are super customisable; you can add roasted chickpeas or sweet potato, fresh sprouts, a seed and nut mix or halloumi or feta cheese! Make it your own!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	31g	31g

## FROM YOUR BOX

BUCKWHEAT	100g
PICKLING SPICES	1 packet
RADISHES	1 bunch
DUTCH CARROTS	1 bunch
AVOCADO	1
BUTTON MUSHROOMS	150g
GARLIC CLOVE	1
ENGLISH SPINACH	1 bunch
FREE-RANGE EGGS	6-pack

## FROM YOUR PANTRY

oil for cooking, pepper, white vinegar, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use a mandolin to slice the radishes if you have one!

Boiling eggs for 6 minutes will give you soft, running yolks, 8 minutes will make the yolks firm.

*Pickling spices: salt, white sugar, coriander seeds, yellow mustard seeds, cracked black pepper.*



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### 1. COOK THE BUCKWHEAT

Place **buckwheat** in a saucepan and cover with water. Bring to a boil and cook for 10–15 minutes until tender (be careful to not overcook the buckwheat). Drain and rinse.



### 2. PICKLE THE VEGETABLES

Add **pickling spices** to a large bowl along with **1/2 cup vinegar** and **1 cup water**. Mix to combine. Thinly slice **radishes** (see notes) and trim and scrub **carrots**. Add to pickling liquid.

Slice **avocado**.



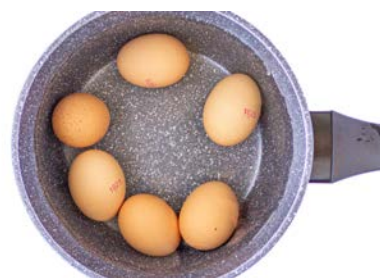
### 3. SAUTÉ THE MUSHROOMS

Heat a large frypan over medium-high heat with **oil**. Slice **mushrooms** and add to pan along with crushed **garlic** and **1 tbsp soy sauce**. Sauté for 5 minutes.



### 4. ADD THE SPINACH

Trim and halve **spinach**. Add to mushrooms and cook for 1–2 minutes to wilt. Season to taste with **soy sauce** and **pepper**.



### 5. BOIL THE EGGS

Add **eggs** (to taste) to boiling water. Cook for 6–8 minutes (see notes). Remove from pan and rinse with cold water. Peel and halve.



### 6. FINISH AND SERVE

Drain pickles (maybe reserve some liquid for buckwheat).

Divide buckwheat among shallow bowls. Add mushrooms, spinach, pickled veggies, avocado and boiled eggs.

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