



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



4 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
	22g	24g	39g

FROM YOUR BOX

BUCKWHEAT	200g
PICKLING SPICES	1 packet
RADISHES	1 bunch
DUTCH CARROTS	1 bunch
AVOCADOS	2
BUTTON MUSHROOMS	300g
GARLIC CLOVES	2
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.



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 **avocados**.



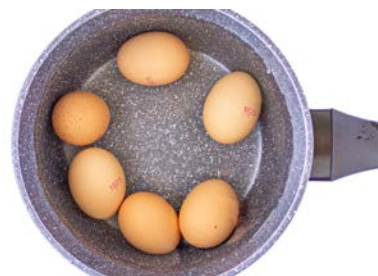
3. SAUTÉ THE MUSHROOMS

Heat a large frypan over medium-high heat with **oil**. Slice **mushrooms** and add to pan along with crushed **garlic** and **1 1/2 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 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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