



Product Spotlight: Buckwheat

Buckwheat is a gluten-free seed that is high in protein and fibre and is very nutrient-dense.



Buckwheat Fish Paella

Buckwheat paella flavoured with our custom-blend Spanish spice mix, filled with veggies and finished with fresh and vibrant lemon!



25 minutes



2 servings



Fish

6 January 2023

Top it!

If you want to add more traditional toppings to the paella, drizzle over some aioli, sprinkle over finely chopped parsley or drizzle over some garlic yoghurt for a more nutritious option.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	19g	46g

FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
SPRING ONIONS	1 bunch
TOMATO	1
SPANISH SPICE MIX	1 sachet
COURGETTES	2
LEMON	1
WHITE FISH FILLETS	1 packet
GREEN OLIVES	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube

KEY UTENSILS

saucepan, 2 frypans

NOTES

You can cook the fish fillets on the BBQ if desired.



1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until tender. Drain and rinse.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium–high heat with **oil**. Finely slice spring onions (reserve green tops for garnish) and chop tomato. Add to pan along with Spanish spice mix, **crumbled stock cube** and **1/3 cup water**. Cook for 5 minutes until softened.



3. ADD THE VEGETABLES

Slice courgettes. Add to pan and cook for a further 5 minutes.



4. COOK THE FISH FILLETS

Heat a frypan over medium–high heat (see notes). Zest lemon. Coat fish fillets in lemon zest, **oil, salt and pepper**. Add to pan and cook for 2–4 minutes each side until cooked through.



5. TOSS THE BUCKWHEAT

Drain and rinse olives. Add to pan with vegetables along with buckwheat. Toss well to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Wedge lemon.

Serve fish and paella tableside. Garnish paella with reserved spring onion green tops and serve with lemon wedges.

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

