





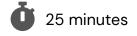
## **Product Spotlight: Buckwheat**

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!





4 servings



# 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.

PROTEIN TOTAL FAT CARBOHYDRATES

29g 42g

#### FROM YOUR BOX

BUCKWHEAT	1 packet (200g)
SPRING ONIONS	1 bunch
TOMATOES	2
SPANISH SPICE MIX	1 sachet
ZUCCHINI	1
LEMON	1
WHITE FISH FILLETS	2 packets
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 tomatoes. Add to pan along with Spanish spice mix, crumbled stock cube and 1/2 cup water. Cook for 5 minutes until softened.



#### 3. ADD THE VEGETABLES

Dice zucchini. 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** 



