



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Buckwheat


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



## 2 Roast Fennel with Lemon Buckwheat Risotto

A wholesome lemony risotto with mushrooms, kale and sweet roasted fennel. Comfort food that's good for you too!

 35 minutes

 4 servings

 Plant-Based

29 June 2020

### Mix it up!

Add fresh herbs from the garden such as thyme or oregano. For a little twist - try pickling the mushrooms in 1/2 the lemon juice and keeping it fresh for a topping instead of cooking them off.

Per serve: **PROTEIN** 15g **TOTAL FAT** 11g **CARBOHYDRATES** 61g



## FROM YOUR BOX

CASHEWS/NUTRITIONAL YEAST	1 packet (100g)
LEMON	1
BROWN ONION	1
CELERY STICKS	2
SLICED MUSHROOMS	1 punnet (200g)
BUCKWHEAT	1 packet (200g)
GARLIC	2 cloves
FENNELS	2
KALE	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, stock cube (1/2), dried thyme

## KEY UTENSILS

frypan, oven tray, kettle, stick mixer or blender

## NOTES

Stir the kale into the risotto in batches so it doesn't overcrowd the pan.



### 1. SOAK THE CASHEWS

Set oven to 200°C. Boil **5 cups (1.25L) water** in kettle.

Soak cashews and nutritional yeast in a bowl with 1/2 the lemon juice (wedge remaining) and **1/2 cup water**. Set aside.



### 2. SAUTÉ THE VEGETABLES

Heat frypan over medium heat with **oil**. Dice onion and celery, add to pan as you go along with sliced mushrooms and **1 tsp dried thyme**. Cook for 3 minutes until softened.



### 3. SIMMER THE BUCKWHEAT

Stir in buckwheat, add crushed 2 crushed garlic cloves, crumble in **1/2 stock cube** and pour in **half the boiling water**. Leave to simmer for 10 minutes. Add remaining water and simmer for further 15 minutes or until buckwheat is tender.



### 4. ROAST THE FENNEL

Meanwhile, wedge the fennels (reserve fronds). Toss with **oil, salt and pepper** on a lined oven tray. Roast for 15 minutes until golden.



### 5. ADD THE KALE

Finely slice kale leaves. Blend the soaked cashews using a stick mixer or blender until smooth. Gently stir through risotto until kale is wilted (see notes). Season to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Divide risotto and roasted fennel among bowls. Garnish with reserved fronds. 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**

