



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

 2 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** 18g **TOTAL FAT** 11g **CARBOHYDRATES** 69g

FROM YOUR BOX

CASHEWS/NUTRITIONAL YEAST	1 packet (50g)
LEMON	1
BROWN ONION	1/2 *
ZUCCHINI	1/2 *
SLICED MUSHROOMS	1 punnet (200g)
BUCKWHEAT	1 packet (100g)
GARLIC	1 clove
FENNEL	1
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 **3 cups (750ml) water** in kettle.

Soak cashews and nutritional yeast in a bowl with 1/2 the lemon juice (wedge remaining) and **1/4 cup water**. Set aside.



2. SAUTÉ THE VEGETABLES

Heat frypan over medium heat with **1 oil**. Dice onion and zucchini, add to pan as you go along with sliced mushrooms and **1/2 tsp dried thyme**. Cook for 3 minutes until softened.



3. SIMMER THE BUCKWHEAT

Stir in buckwheat, add crushed 1 crushed garlic clove, 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 fennel (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

