

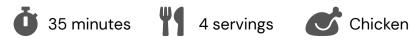
## Product Spotlight: Buckwheat

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!



# with Lemon Buckwheat Risotto

A wholesome lemony risotto with kale, toasted almonds and rosemary chicken tenderloins. Comfort food that's good for you too!





For a more indulgent risotto, try stirring through a cheese of choice at the end or a little butter for some added richness.

### FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
BUCKWHEAT	1 packet (200g)
GARLIC	2 cloves
ALMONDS	1/2 packet (40g) *
CHICKEN TENDERLOINS	600g
LEMON	1
ROSEMARY STALK	1
KALE	1/2 bunch *

\*Ingredient also used in another recipe

### FROM YOUR PANTRY

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

### **KEY UTENSILS**

2 frypans, kettle

### NOTES

Dice all your vegetables first so they are ready before turning on the frypan if you prefer to take your time.

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



## **1. SAUTÉ THE VEGETABLES**

Boil **5 cups (1.25L) water** in kettle. Heat a frypan over medium-high heat with **1 tbsp oil** (see notes). Dice onion and celery, add to pan as you go along with **1 tsp dried thyme**. Cook for 3 minutes until softened.



## **2. SIMMER THE BUCKWHEAT**

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



## **3. TOAST THE ALMONDS**

Heat a second frypan over medium heat. Chop and add almonds. Toast for 2-3 minutes until golden. Remove from pan.



## **4. COOK THE CHICKEN**

Coat chicken with lemon zest, chopped rosemary leaves, **oil, salt and peppe**r. Reheat frypan to medium-high heat. Cook chicken for 4-5 minutes each side or until cooked through.



## **5. SEASON THE RISOTTO**

Finely slice kale leaves. Gently stir through risotto until wilted (see notes). Add more water to loosen, if needed. Squeeze in half the lemon juice, wedge remaining. Season to taste with **salt and pepper**.



## 6. FINISH AND PLATE

Divide risotto and chicken among shallow bowls. Garnish with toasted almonds and serve with lemon wedge.

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

