Product Spotlight: Buckwheat

Despite the name, buckwheat is not related to wheat and is actually gluten-free.

2 Roast Chicken
with Apple Buckwheat Salad

Paprika roasted chicken and fennel with a warm, earthy buckwheat and apple salad, drizzled with a maple syrup dressing.

Spice it up!

You could use fennel seeds, ground cumin or dried tarragon on the chicken instead of paprika for a different flavour! If you love garlic you can add some to the roast chicken as well.

🕒 35 mins   🍴 2 servings   🍗 Chicken

15 March 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	31g	64g

1. ROAST THE CHICKEN

Set oven to 220ºC.

Coat chicken with 1/2 tsp lemon zest, **1 tsp paprika, oil, salt and pepper**. Place skin side up on a lined oven tray. Slice fennel (reserve fronds) and add to tray. Drizzle with **olive oil, salt and pepper**. Roast in oven for 20-25 minutes or until chicken is cooked through.

2. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 12-15 minutes until tender. Drain and rinse.

3. PREPARE THE SALAD

Slice apple and celery. Chop parsley (see notes).

4. PREPARE THE DRESSING

Whisk together 1/2 lemon juice (wedge remaining) with **1/2 tbsp maple syrup** and **1 tbsp olive oil**. Season with **salt and pepper**.

5. TOSS THE SALAD

Gently toss buckwheat with prepared salad, dressing and roast fennel.

6. FINISH AND PLATE

Slice chicken and divide among plates with buckwheat salad. Spoon over labanneh cheese (to taste). Garnish with reserved fennel fronds.