



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!



1 Rosemary Fish with Roast Veggies & Buckwheat

Fresh fillets of fish, pan cooked until golden, alongside balsamic roast veggies with halloumi and basil dressed buckwheat.

 35 minutes

 4 servings

 Fish

12 October 2020

Spice it up!

You can add pine nuts or almonds to the basil dressing to create a pesto! If you're not a fan of rosemary you can use any dried herb of choice instead.

Per serve: **PROTEIN** 39g **TOTAL FAT** 35g **CARBOHYDRATES** 47g

FROM YOUR BOX

BUCKWHEAT	1 packet (200g)
CHERRY TOMATOES	1 bag (400g)
YELLOW CAPSICUM	1
SHALLOT	1
HALLOUMI	1 packet
BASIL	1 packet (60g)
LEMON	1/2 *
ROSEMARY SPRIG	1
WHITE FISH FILLETS	2 packets
SNOW PEA SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, balsamic vinegar, sugar (of choice)

KEY UTENSILS

frypan, saucepan, oven tray, stick mixer or blender

NOTES

When cooking the buckwheat, make sure there is plenty of water in the saucepan. Cover with a lid to help bring to boil sooner, then remove the lid as it simmers.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE BUCKWHEAT

Set oven to 220°C.

Place buckwheat in a saucepan and cover with water. Bring to the boil and simmer for 10-12 minutes until tender (see notes). Drain and rinse.



2. ROAST THE VEGGIES

Halve tomatoes, slice capsicum and shallot. Roughly tear halloumi. Toss all together on a lined oven tray with **1 tbsp balsamic vinegar, oil, salt and pepper**. Roast in oven for 15-20 minutes until golden and cooked through.



3. MAKE THE DRESSING

Roughly chop basil leaves. Blend together with lemon juice, **1/2 tsp sugar** and **1/4 cup olive oil** using a stick mixer or blender until smooth. Season with **salt and pepper**. Set aside.



4. COOK THE FISH

Chop rosemary leaves to yield 1 tsp. Rub over fish fillets with **oil, salt and pepper**. Heat a frypan over medium-high heat with **oil**. Cook fish for 3-4 minutes each side or until cooked through.



5. FINISH AND PLATE

Toss dressing through buckwheat and divide among plates. Top with roast veggies and fish fillets. Garnish with snow pea sprouts.

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**

