



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Beetroot

Our healthy and delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. On top of that they can help reduce blood pressure, improve circulation and are great for the health of our eyes!



## 1 **Smokey Maple Salmon** With Buckwheat

Sweet and smokey salmon fillets, baked in the oven and served with an orange and beetroot buckwheat salad.



30 minutes



4 servings



Fish

18 January 2021

## Spice it up!

*You can mix up the flavour of the salmon and bake it with fennel seeds or dried tarragon instead. Balsamic vinegar also works well instead of red wine vinegar in the dressing.*

Per serve: **PROTEIN** 33g **TOTAL FAT** 28g **CARBOHYDRATES** 56g

## FROM YOUR BOX

BUCKWHEAT	200g
BEETROOTS	3
SALMON FILLETS	2 packets
ORANGE	1
CELERY STICKS	2
LEBANESE CUCUMBER	1
BABY SPINACH	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, maple syrup, smoked paprika, ground cumin, red wine vinegar

## KEY UTENSILS

saucepan, 2 oven trays

## NOTES

Cover the buckwheat with plenty of water when cooking to prevent it from drying out.

**No fish option - salmon fillets are replaced with chicken thigh fillets.** Increase cooking time in the oven to 20-25 minutes or until cooked through.



### 1. COOK THE BUCKWHEAT

Set oven to 220°C.

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



### 2. ROAST THE BEETROOT

Scrub and wedge beetroots. Toss on a lined oven tray with **1 tsp cumin, oil, salt and pepper**. Roast for 20 minutes or until cooked through.



### 3. BAKE THE SALMON

Combine **2 tbsp maple syrup, 2 tsp smoked paprika** and **2 tbsp olive oil**. Place salmon fillets in a lined oven dish and pour over paprika mixture, season with **salt and pepper**. Roast for 10 minutes or until cooked to your liking.



### 4. PREPARE THE DRESSING

Whisk together 1 tsp orange zest, **2 tbsp vinegar, 2 tsp maple syrup** and **3 tbsp olive oil** in a large salad bowl. Set aside.



### 5. PREPARE THE SALAD

Peel and dice orange, dice celery and cucumber. Toss with cooked buckwheat, beetroot, spinach and dressing. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Serve buckwheat salad alongside salmon.

**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](mailto:hello@dinnertwist.com.au)

