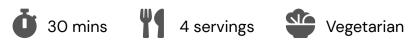


Product Spotlight: Buckwheat

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!

3 Charred Corn and Buckwheat Salad

Nutty buckwheat salad with charred corn and a luscious labanneh cheese dressing.



30 April 2021



If you wanted to add a meatbased protein to this dish, some smoked chicken or chorizo would work really well.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 15g 8g 83g

FROM YOUR BOX

| BUCKWHEAT | 200g |
|-----------------|------------------|
| SWEET POTATOES | 600g |
| CHERRY TOMATOES | 200g |
| ALMONDS | 1 packet (30g) |
| CORN COBS | 2 |
| LABANNEH | 1/2 tub * |
| LEMON | 1 |
| GARLIC | 1 clove * |
| SPRING ONION | 1/2 bunch * |
| ROCKET | 1/2 bag (100g) * |
| | |

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, ground paprika

KEY UTENSILS

saucepan, oven tray, griddle pan, small blender/ stick mixer

NOTES

Alternatively you can char the corn on a BBQ on high heat or add to the roasting tray.



1. COOK BUCKWHEAT

Set oven to 220°C.

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 8-12 minutes until al dente. Drain and rinse.



2. ROAST THE VEGETABLES

Dice sweet potatoes and halve cherry tomatoes. Toss on a lined oven tray with **oil, 2 tsp paprika, salt and pepper**. Roast for 15 minutes, chop and add almonds then roast for further 10 minutes.



3. CHAR CORN

Heat a griddle pan over high heat (see notes).

Remove husk and silk from corn. Coat corn in **oil, salt and pepper**. Grill until crisp and tender, about 4 minutes each side.



4. MAKE DRESSING

In a small blender, blitz the labanneh, juice of lemon, 1 clove garlic, **1/4 cup water, salt and pepper** to a smooth consistency.



5. TOSS SALAD

Remove kernels from corn.

In a large bowl, toss the buckwheat, almonds, roasted vegetables, corn and roughly chopped spring onions. Season with **salt and pepper**.



6. FINISH AND PLATE

Make a bed of rocket in each bowl, divide salad evenly among bowls and drizzle with labanneh dressing.

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

