



### Product Spotlight: Kale


Kale was once known as a poor man's cabbage. It is from the brassica family, so it is related to broccoli, Brussels sprouts and cabbage. It is high in vitamin C and a great source of fibre



## Warming Grain Bowl with Romesco Sauce

Nutty buckwheat served with root vegetables seasoned with lemon zest and roasted, crispy kale leaves, bright red pepper romesco sauce and fresh avocado.

 30 minutes

 4 servings

 Plant-Based

## Spice it up!

*Spice up your romesco sauce with a few drops of your favourite hot sauce, dried chilli flakes or fresh red chilli!*

Per serve: **PROTEIN** 19g **TOTAL FAT** 22g **CARBOHYDRATES** 66g

## FROM YOUR BOX

BEETROOT	2
CARROTS	3
LEMON	1
BUCKWHEAT	200g
ROASTED PEPPERS	1 jar
GARLIC CLOVE	1
ALMOND AND NUTRITIONAL YEAST	1 packet
KALE	6 leaves
AVOCADOS	2

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander

## KEY UTENSILS

oven tray, stick mixer

## NOTES

For extra flavour, add finely chopped herbs such as parsley, mint or dill to the buckwheat.



Scan the QR code to submit a Google review!



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop beetroots and carrots. Toss on a lined oven tray along with lemon zest (reserve remaining lemon for step 3), **2 tsp ground coriander, salt and pepper**. Roast for 20–25 minutes until tender.



### 4. ADD THE KALE LEAVES

Roughly tear kale leaves. Scrunch with **oil, salt and pepper**. Add to oven tray with vegetables and cook for further 5–7 minutes until kale leaves are crispy.



### 2. COOK THE BUCKWHEAT

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



### 5. FINISH AND SERVE

Slice avocados.

Divide buckwheat amongst bowls. Top with roasted vegetables, romesco and avocado slices.



### 3. MAKE THE ROMESCO

Blend drained peppers, juice from 1/2 lemon (wedge remaining), garlic and almond and nutritional yeast mix until smooth.

**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**

