

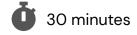




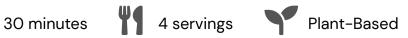
Warming Grain Bowl

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.







Spice it up!

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

TOTAL FAT CARBOHYDRATES

22g

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

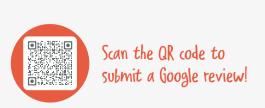
oil for cooking, salt, pepper, ground coriander

KEY UTENSILS

oven tray, stick mixer

NOTES

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





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.



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).



3. MAKE THE ROMESCO

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



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.



5. FINISH AND SERVE

Slice avocados.

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

