



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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!

2. TOMATO & BUCKWHEAT RISOTTO WITH CHARRED ZUCCHINI

A hearty buckwheat risotto with eggplant, topped with charred zucchini, smoked tomatoes, basil and almonds.

 35 Minutes

 4 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
18g	24g	44g

17 February 2020

FROM YOUR BOX

RED ONION	1/2 *
EGGPLANT	1
BUCKWHEAT	1 packet (250g)
CHERRY TOMATOES (TINNED)	400g
ZUCCHINI	1
BASIL	1/2 packet *
ALMONDS	1 packet (40g)
SMOKED TOMATOES	1 tub
CASHEW PARMESAN	2 packets

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, 1 stock cube (of choice), dried oregano

KEY UTENSILS

large frypan, kettle, griddle pan or frypan

NOTES

The zucchini can also be cooked in the risotto at the same time as the eggplant.

Add some nutritional yeast or nut feta cheese if you have any on hand.



1. SAUTÉ THE VEGETABLES

Bring **1L water** to boil in the kettle. Heat a frypan over medium-high heat with **2 tbsp oil**. Dice onion and eggplant. Add to pan as you go along with **1 tsp oregano**. Season with **salt** and cook for 5 minutes until softened.



2. ADD THE BUCKWHEAT & SIMMER

Add buckwheat and tinned cherry tomatoes to pan. Crumble in **1 stock cube** and pour in half the boiled water. Leave to simmer for 10 minutes. Add remaining water and simmer for 10-15 minutes until buckwheat is tender.



3. GRILL THE ZUCCHINI

Meanwhile, slice the zucchini. Coat with **oil, salt and pepper**. Heat a griddle pan over high heat. Cook zucchini for 1-2 minutes each side until charred and tender. Remove to a bowl.



4. PREPARE THE TOPPING

Roughly slice basil leaves and chop almonds. Toss together with grilled zucchini and drained smoked tomatoes.



5. FINISH & PLATE

Divide cooked risotto among shallow bowls. Top with grilled zucchini topping and garnish with cashew parmesan.