



Product Spotlight: Buckwheat

Buckwheat is a gluten-free seed that is high in protein, fibre and very nutrient dense.



Greek Beef Meatball Ragu

with Buckwheat

Lemon and chilli beef meatballs simmered in a veggie-full tomato ragu and served over buckwheat with fresh oregano and lemon wedges.

25 minutes

4 servings

Beef

31 March 2023



Spice it up!

Serve this dish with slices of fresh red chilli or a sprinkle of dried chilli flakes.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	8g	40g

FROM YOUR BOX

BUCKWHEAT	1 packet (200g)
LEMON	1
BEEF MINCE	500g
RED ONION	1
ZUCCHINI	1
RED CAPSICUM	1
TOMATO PASSATA	1 bottle
BABY SPINACH	1 bag (120g)
OREGANO	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, dried chilli flakes

KEY UTENSILS

large frypan, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. 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.



2. MAKE & BROWN MEATBALLS

Zest lemon and add to a bowl along with beef mince, **1 tsp chilli flakes, salt and pepper**. Mix and form into 12–16 meatballs. Heat a large frypan over medium–high heat with **oil**. Add meatballs and cook, turning, for 5 minutes until brown.



3. CHOP & ADD VEGETABLES

Meanwhile, wedge red onion, and dice zucchini and capsicum. Once meatballs are browned, remove from pan. Add chopped vegetables to pan and cook for 2 minutes.



4. SIMMER THE RAGU

Add meatballs back to pan. Pour in passata and **1 cup water**. Crumble in **stock cube**. Stir to combine. Cook, semi-covered, for 10 minutes.



5. ADD THE BABY SPINACH

Add baby spinach to pan. Squeeze in juice from half lemon (wedge remaining). Stir to combine. Season to taste with **pepper**.



6. FINISH AND SERVE

Divide buckwheat among shallow plates. Spoon in ragu and meatballs. Garnish with oregano leaves. Serve with lemon wedges.

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

