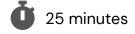




## **Green Goddess Vegetables**

### with Buckwheat and Skordalia Dressing

Grilled green veggies with slices of avocado, and fresh and crunchy cucumbers, served over buckwheat and topped with toasted walnuts and a zingy skordalia and lemon dressing.





2 servings



# Bulk it up!

Crumble feta cheese over the finished dish or serve with boiled eggs to bulk it up!

TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
LEMON	1
BROCCOLI	1
ASPARAGUS	1 bunch
SKORDALIA DIP	1 tub
WALNUTS	1 packet (20g)
AVOCADO	1
LEBANESE CUCUMBER	1

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried dill

#### **KEY UTENSILS**

frypan, griddle pan, saucepan

#### **NOTES**

Grill the avocado if desired.

Protein upsize - protein upsize is 1 packet halloumi cheese. Dice or slice halloumi. Heat griddle pan over medium-high heat with oil. Add halloumi and cook until golden on each side.



#### 1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10-12 minutes until tender. Drain and rinse.



#### 2. GRILL THE VEGETABLES

Heat griddle pan over medium-high heat. Zest lemon, cut broccoli into florets and trim and halve asparagus. Coat veg in oil, lemon zest and 1 tsp dill. Add to griddle pan (see notes) and cook, turning occasionally, for 6-8 minutes until beginning to char. Season with salt and pepper.



#### 3. MAKE THE DRESSING

Add skordalia dip to a bowl with juice from 1/2 lemon (reserve remaining lemon for step 5) and 1 tsp dill. Stir to combine.



#### 4. TOAST THE WALNUTS

Heat a small frypan over medium-high heat. Roughly chop walnuts and add to pan as you go. Toast for 2-4 minutes until walnuts are golden. Remove from pan.



#### **5. PREPARE FRESH ELEMENTS**

Slice avocado and cucumber. Wedge remaining lemon.



#### 6. FINISH AND SERVE

Spoon buckwheat into shallow bowls. Add grilled vegetables, avocado and cucumber. Drizzle over dressing and sprinkle over toasted walnuts.



