



DINNER TWIST
LOCAL, HEALTHY, DELIVERED





Product Spotlight: Skordalia

Skordalia is a tasty Greek sauce made from garlic paste, lemon juice and olive oil. It's delicious served with roast potatoes and on toast! If you find the flavour a little punchy, you can mix it with yoghurt or mayonnaise.

H4 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.

 25 minutes

 4 servings

 Vegetarian

4 November 2022

Bulk it up!

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

Per serve: **PROTEIN** 15g **TOTAL FAT** 50g **CARBOHYDRATES** 60g

FROM YOUR BOX

BUCKWHEAT	1 packet (200g)
LEMON	1
BROCCOLI	1
ASPARAGUS	1 bunch
SKORDALIA DIP	1 tub
WALNUTS	1 packet (40g)
AVOCADO	1
LEBANESE CUCUMBERS	2

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 cucumbers. 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.

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**

