



### 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.



30 minutes



4 servings



Beef

## Speed it up!

*Want to speed up this dish? Skip making the meatballs by adding beef mince straight to a frypan over medium-high heat. Cook until browned then add remaining ingredients.*

Per serve: **PROTEIN** 33g **TOTAL FAT** 7g **CARBOHYDRATES** 51g

## FROM YOUR BOX

BUCKWHEAT	200g
LEMON	1
BEEF MINCE	600g
RED ONION	1
ZUCCHINI	1
RED CAPSICUM	1
TOMATO PASSATA	1 bottle
KALE LEAVES	6
OREGANO	1 packet

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, saucepan

## NOTES

To bulk out the meatballs, add an egg and some quinoa flakes, lupin flakes or breadcrumbs of choice.

You can add extra flavours to the meatballs such as a crushed garlic clove, finely chopped fresh parsley or mint (or dried), grated shallot or ground cumin and coriander.

Serve this dish with slices of fresh red chilli or a sprinkle of dried chilli flakes or crumbed feta or goat cheese.



### 1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10–15 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** (see notes). 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

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



### 5. ADD THE KALE LEAVES

Add kale leaves 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 (see notes). 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**

