




### 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!




## 1 Sweetcorn Succotash with Buckwheat

Succotash is a comforting Southern dish with vibrant seasonal veggies! We have given this dish a twist with grains of buckwheat for texture and added smokiness from Noshing Naturally's jalapeño havarti cheese.

 35 minutes

 2 servings

 Plant-Based

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## Mix it up!

*This dish is also delicious with kidney or cannellini beans tossed through. Cook the vegetables with some dried thyme or oregano for added flavour if you have some.*

Per serve: **PROTEIN** 13g **TOTAL FAT** 33g **CARBOHYDRATES** 67g

## FROM YOUR BOX

BUCKWHEAT	1 packet (100g)
CHERRY TOMATOES	1 bag (200g)
BASIL	1 packet (20g)
NUT HAVARTI	1 packet
YELLOW CAPSICUM	1/2 *
COURGETTES	2
CORN COB	1
TOMATO CHUTNEY	1 tbsp *
SNOW PEA SPROUTS	1/2 punnet *
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika

## KEY UTENSILS

frypan, saucepan

## NOTES

When cooking the buckwheat, make sure there is plenty of water in the saucepan. Cover with a lid to help bring to the boil sooner, then remove the lid.



### 1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and simmer for 10–12 minutes until tender (see notes). Drain and rinse.



### 2. PREPARE THE SALAD

Halve the tomatoes. Pick and roughly chop basil. Dice nut havarti. Set aside.



### 3. SAUTÉ THE VEGETABLES

Heat a frypan over medium–high heat with **1 tbsp oil**. Slice capsicum and courgettes. Remove corn from cob. Add to pan as you go along with **1 tsp smoked paprika**. Cook for 5 minutes until tender. Season with **salt and pepper**.



### 4. TOSS THE SALAD

Toss cooked buckwheat together with salad, sautéed vegetables and 1 tbsp tomato chutney. Season with **salt and pepper**.



### 5. FINISH AND PLATE

Divide succotash among bowls. Garnish with snow pea sprouts and 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](mailto:hello@dinnertwist.com.au)

