



Buckwheat, cauliflower and green bean salad

with YAY! feta and almonds



A hearty salad of nutty buckwheat, roasted vegetables, green beans and YAY! handmade feta. A delicious combination of flavours, this salad is super healthy and full of essential nutrients.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray/s, medium pot



Pantry items needed: olive oil



Hands-on: 20-25 minutes
Ready in: 25-30 minutes



Serves: 2 or 4

NO ADDED GLUTEN | CALORIE SMART | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Green beans	120g	240g
Buckwheat	1 packet	1 packet
Red onion	150g	300g
Cauliflower	250g	500g
Vegetable seasoning	1 packet	1 packet
Olive oil*	1 tbsp	2 tbsp
Mint	10g	20g
Buckwheat salad dressing	1 tub	1 tub
Roasted almonds	1 packet	1 packet
YAY! feta	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: soy, almond.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook buckwheat and beans

Preheat oven to 190°C and line baking tray/s. Trim **green beans**. Fill a medium pot ¾-full with water and bring to a boil. Add **buckwheat**, reduce heat to low and cook, uncovered, for **8 minutes**. Add **green beans** and cook for a further **5 minutes**. Drain into a sieve, refresh under cold running water and set aside to dry.

2. Roast vegetables

Halve **onion** and slice into thick wedges. Chop **cauliflower** head into florets and stem into thin slices. In a large bowl, add **onion**, **cauliflower**, **vegetable seasoning** and **olive oil*** and toss to coat. Add to baking tray/s and bake until golden, about **15 minutes**.

3. Mix salad

Pick **mint** leaves. In a large bowl, add **roasted vegetables**, **buckwheat**, **beans**, **dressing** and **almonds**. Crumble in **feta** and gently toss **salad** to combine.

5. Serve

Serve **buckwheat cauliflower and green bean salad** in bowls.

Eat your way to healthy!



Buckwheat is packed with important minerals and boasts a high antioxidant content. It is also rich in the flavonoids rutin and quercetin. Rutin strengthens the blood vessels while quercetin helps to reduce inflammation.

Buckwheat does not contain gluten, so for people with with gluten intolerances or celiac disease, buckwheat is an excellent dietary alternative.

Nutritional information*

	Per 400g serve	Per 100g
Energy	2289kJ (547Cal)	572kJ (137Cal)
Protein	13.5g	3.4g
Fat, total	40.7g	10.2g
- Saturated	14.6g	3.6g
Carbohydrate	28.3g	7.1g
- Sugars	7.9g	2g
Sodium	692mg	173mg

* Nutritional information is based on averages