



Italian Buckwheat Salad

Serves 4-6

Ingredients:

- 1 cup Lotus Organic Buckwheat Kernels
- 1 head of broccoli, in florets
- 1 x 250g bocconcini
- 1 x 250g cherry tomatoes
- ½ bunch basil, leaves picked and washed
- ¼ cup black olives
- Pinch of Gourmet Organic Herb Chilli Flakes
- Herb Vinaigrette to dress

Method:

Cook buckwheat kernels and blanch broccoli florets. Halve the bocconcini and cherry tomatoes. Toss all the salad ingredients together and serve.

Serve on its own as a light meal or as a side to lamb, chicken or fish. Silken Tofu can be used in place of the bocconcini.

