

Buckwheat Tabouli

Ingredients:

1 liter water

10g vegetta or 1 stock cube

1 cup buckwheat kernels

2 bunches Italian parsley, roughly chopped

1 cup semi-dried tomatoes, chopped

½ cup lemon juice

1 1/2 tablespoons olive oil

1 clove garlic, finely chopped



Method:

Place water in a medium sized saucepan over a medium heat. Bring to the boil.

Add the stock powder and the buckwheat and simmer for 20 minutes or until buckwheat is tender. Drain and discard the stock. Transfer the buckwheat to a large salad bowl.

Add parsley, semi-dried tomatoes, lemon juice, olive oil and garlic to the buckwheat. Toss to combine and serve.

Serves 6