

## Kasha Buckwheat Salad with Bio-oz Buckwheat Kernels

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### Ingredients

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1 cup of roasted Bio-oz Buckwheat kernels  
(see Roasting Groats / Kernels post)

2 carrots grated

2 sticks celery chopped

1 red onion chopped finely

zest of 1 lemon

½ red capsicum chopped

6 pitted dates chopped

1 cup cooked chickpeas

1 bunch asparagus char grilled

1 bunch coriander chopped

1 egg

### Dressing ingredients

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1 lemon juiced

1 Tbsp extra virgin olive oil

1 tsp honey

salt and pepper to taste

### Instructions

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After roasting the buckwheat (if necessary) heat a large skillet over medium heat and add just enough oil to coat the pan. Add one cup of roasted buckwheat groats (kasha). Add one beaten egg to the pan and stir it into the groats immediately. Work quickly to prevent the egg from congealing into a large mass. The egg will help to keep the buckwheat groats separated, mix thoroughly. Add two cups of water, stock, or broth to the buckwheat. Reduce the heat to low, cover the pan, and simmer for 8 -10 minutes or until the buckwheat has absorbed all of the liquid. Remove from heat fluff it with a fork and allow to cool.

TIP: finely dice red onion and add juice and zest of 1 lemon, soak for 10 minutes, this will soften the bite of the raw onion.

Toss asparagus with a little olive oil and chargrill till al denté

Chop all salad ingredients and mix through cooled buckwheat. Whisk salad dressing ingredients together and season to taste with salt and pepper, and toss through and serve with a garnish of coriander, enjoy.

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