



## BROCCOLI BUCKWHEAT SALAD WITH SUN-DRIED TOMATOES

This light and fresh Broccoli Buckwheat Salad gets lots of flavour from the chopped semi-dried tomatoes and fresh herbs stirred through it! Gluten free, dairy free and vegan friendly (feta optional!), this satisfying salad is perfect for meal prep and packing in your lunch box.

### Ingredients

3/4 cup buckwheat groats (measured uncooked)

1 small head broccoli

1 small cucumber

3/4 cup [Farm Fresh Nuts Sun Dried Tomatoes](#)

1 handful fresh mint

1 handful fresh parsley

1/4 cup Farm Fresh Nuts [Freshly Roasted Shelled Sunflower Seeds Unsalted](#)

2-3 tbsp extra virgin olive oil

1/2 lemon

salt and pepper to season

100 grams feta cheese - OPTIONAL, see notes

### Instructions

**Buckwheat.** Cook the buckwheat either according to the package instructions, or using the boil method: basically, pop the buckwheat in a saucepan of boiling water like you would pasta, and cook on a rolling boil for 12 minutes. Drain thoroughly, then spread out on a tray or large plate to cool down. Set aside.

**Broccoli.** Chop the broccoli into small florets. Steam for 2-3 minutes or until just tender. Allow to cool.

**Other Salad Ingredients.** Chop the semi-dried tomatoes into small pieces. Cut the cucumber into small dice. Remove the rough stalks from the parsley and mint, then shred/chop the leaves into smaller pieces.

**Assemble Salad.** Combine the cooled buckwheat and broccoli together with the semi-dried tomatoes, cucumber, herbs and sunflower seeds. Squeeze over the juice of the half lemon, and drizzle over a few tablespoons of olive oil. Season with salt and pepper. Toss to combine everything.

Serve the salad with feta crumbled over the top if desired. Enjoy!

\*If you don't want to top the salad with feta, you could also try (i) chopped toasted almonds, (ii) chickpeas or lentils, (iii) tuna or salmon, (iv) chicken. Basically, any other kind of protein you like. Even a little bacon would work pretty nicely!

Learn everything about capsicums - including how to deseed, cut, remove membrane, slice, chop, grill whole and peel.

Step 2

Meanwhile, heat a non-stick frying pan over medium heat. Add buckwheat and cook, stirring, for 2 minutes or until toasted. Allow to cool for 5 minutes. Bring a saucepan of water to the boil over high heat. Add buckwheat to pan. Reduce heat to medium-low and simmer for 5 minutes or until al dente. Drain and refresh under cold running water. Spread over a tray lined with paper towel to dry.

Step 3

Whisk vinegar and remaining oil and honey in a bowl. Season. Add buckwheat, herbs, feta, rocket and roast vegies. Toss to combine. Divide among plates. Top with almonds.