

Spicy pepita, kale and buckwheat salad

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Lola Berry helps us explore new recipe ideas like this sturdy salad fully of healthy goodness that is incredibly easy to whip up.

Ingredients (serves 4)

Salad

- 125 g (1 cup) buckwheat
- 2 tbsp extra-virgin olive oil
- 1 onion, finely sliced
- 35 g (¼ cup) dried apricots, chopped
- 1 bunch of kale, stalks removed and leaves finely chopped
- Zest of 1 lemon

Spicy Pepitas

- Drizzle of extra-virgin olive oil, plus extra to serve
- 70 g (½ cup) pepitas (pumpkin seeds)
- Pinch of paprika
- Pinch of chilli flakes
- Pinch of salt flakes

Method

Tip the buckwheat into a pot with 375 ml (1½ cups) of water. Bring to the boil then lower the heat a

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little and simmer for about 8 minutes. Drain and set aside to cool.

Pour the extra-virgin olive oil into a frying pan, add onion and sauté until onion starts to go transparent, then add the apricots and kale and lightly sauté for 2 minutes, until kale has softened and turned bright green. Then throw in your cooled buckwheat and toss it all together.

Now put a touch of olive oil in a small frypan and toast your pepitas. They will puff up a little – this is fun – then, just before you turn the heat down, add the paprika, chilli and salt. Toast for another minute or two.

Remove salad from heat, stir in the lemon zest and toss most of the pepitas through. Serve in a big bowl, drizzle with a dash of extra-virgin olive oil and sprinkle on the leftover pepitas – add a few more chilli flakes just like Lola Berry.

Recipe & image by [Lola Berry](#).

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