

Buckwheat garden salad

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This simple garden-style salad is bursting with fresh tomato and zingy lemony flavours. Serve the salad with tuna – you could use any canned or grilled fish or, for a vegan and vegetarian version, or skip it altogether.

Ingredients

Serves 2

- ½ cup raw buckwheat or buckinis
- 4 large cocktail tomatoes or 8–10 cherry tomatoes, cut into quarters
- ½ Lebanese cucumber, cubed
- ½ avocado, peeled
- ¼ small red onion, sliced finely
- 185 g can tuna in olive oil, broken up with a fork (optional)
- 2 tbsp coriander leaves
- A few fresh basil leaves
- 2 tbsp lemon juice
- 2 tbsp extra-virgin olive oil
- Sea salt flakes, to taste
- Freshly ground black pepper, to taste

Method

Place buckwheat or buckinis in a small saucepan and cover with water.

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Bring to a boil, then cover with a lid and reduce heat to a gentle simmer.

Cook, stirring occasionally, for 10 to 12 minutes – check package for exact cooking times.

Drain and allow to cool slightly.

To serve, divide cooked buckwheat between two bowls, top with vegies, tuna, if using, and fresh herbs.

Drizzle with lemon juice, olive oil and sprinkle with a little salt and pepper.

Recipe by Martyna Angell

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