

Buckwheat kasha, squash & leek pilaf with runny eggs

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A delicious recipe that's high in fibre and packed full of protein.

Ingredients (serves 4)

- 3 tbsp of butter
- 1 leek, white sliced thinly
- 4 bacon rashers roughly diced or 1 chorizo, finely sliced
- 2 garlic cloves, peeled and finely chopped
- 1 handful of [mushrooms](#), sliced
- 1 corn cob, kernels cut off
- 2 cups of diced and peeled butternut squash (1 cm dice)
- 2 cups kasha (from health food store)
- 2 cups of vegetable broth
- $\frac{3}{4}$ tsp chopped fresh thyme
- 1 tsp of smoked paprika
- Salt
- Freshly ground black pepper
- 4 free-range eggs
- Grated Parmigiano-Reggiano and 2 tbsp full of chopped parsley for serving.

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METHOD

Heat a heavy casserole dish (with lid) over medium heat until moderate hot but not smoking.

Add the buckwheat and dry roast it for three to four minutes. Stir constantly.

Add two tablespoons of butter and add the leeks, garlic, bacon and mushroom and sauté for two to three minutes.

Add the butternut squash, broth, sweet corn kernels, smoked paprika and thyme, season to taste with salt and pepper and bring to a boil.

Cover, reduce the heat to low and cook for 20 to 22 minutes, or until the kasha is tender and all of the liquid has been absorbed.

Cook the eggs sunny side up with the remaining tablespoon of oil in a hot pan.

Top the dish with the eggs and plenty of Parmigiano as well as fresh parsley and serve immediately.

Recipe from [Trupp Cooking School](#).

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