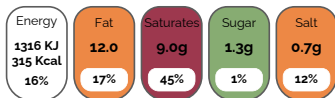


Buckwheat &
Watercress Tabbouleh
with Wild Mushrooms,
Vegan Feta, Chicory &
Puffed Wild Rice



Buckwheat & Watercress Tabbouleh

SERVES 6



Of an adult's Reference Intake (8,400KJ / 2000Kcal)
Typical values per 100g: Energy 612KJ/146Kcal



INGREDIENTS:

- 300g buckwheat
- 20g fresh mint chopped
- 20g fresh parsley chopped
- 150g fresh watercress torn
- 400g mixed wild mushrooms
- 200g vegan feta
- 10ml extra virgin olive oil
- 1 lemon juiced & zested
- 1 red chicory
- 60ml apple cider vinegar
- 65ml olive oil
- 1 tsp maple syrup
- 5g Dijon mustard

METHOD:

1. Rinse buckwheat thoroughly before bringing to boil in 800ml of salted water, covering with a lid and leaving to simmer for 15-20mins.
2. In a deep saucepan add a little olive oil and place on high heat until oil is hot, add wild rice, cover with lid, reduce heat to medium and shake pan to coat rice with oil. Cook until you hear popping and take out puffed rice with a slotted spoon and drain on kitchen paper.
3. Chop vegan feta into bitesize pieces and mix with lemon zest, salt & pepper and extra virgin olive oil
4. Strain any excess water from buckwheat and set aside covered with cling film.
5. Whisk cider vinegar, olive oil, maple syrup & mustard to make a dressing.
6. Cut chicory into individual leaves and dress with cider vinegar dressing.
7. Roughly chop mixed wild mushrooms and sauté lightly in a little oil until golden.
8. Mix buckwheat with chopped herbs and season with lemon juice, salt & pepper.
9. Top the tabbouleh with sautéed mushrooms, dressed chicory, feta, watercress and finish with a sprinkling of puffed rice.