



Toasted Buckwheat Tabbouleh

Prep time: 20 minutes Ready in: 35 minutes

Cook time: 15 minutes Servings: 4

1 cup kasha (toasted Buckwheat groats)	¾ cup chopped fresh parsley
1 Tbsp olive oil	6 Tbsp chopped fresh mint
1 sweet onion, peeled and chopped	1 lemon, juiced
1 clove garlic, minced	1 pinch dried mixed herbs
1 cucumber, peeled and diced	

Rinse buckwheat groats 2-3 times, draining the water quickly to preserve texture. To roast buckwheat (kasha) place the buckwheat in a shallow sauce pan to firm its texture and enhance its flavour.

Bring a saucepan with 2 cups water to a boil, sprinkle in the buckwheat groats. Place lid on pot and simmer until buckwheat is tender, about 10 - 15 minutes. Drain and cool.

Meanwhile, heat olive oil in a skillet over medium heat; cook and stir onions and garlic until onion is translucent, 5 to 8 minutes. Set aside to cool.

Lightly toss cucumber, parsley, mint, lemon juice and mixed herbs in a large salad bowl until thoroughly combined; stir in cooked buckwheat and onion mixture.

