

KALE BUCKWHEAT SALAD

SERVES 4

- > 1 cup hulled, cooked buckwheat
- > 1/2 cup cooked quinoa
- > 1 small/medium bunch of kale (6 leaves) chopped small
- > 1 small head of broccoli chopped into florets or your preferred size (par boiled)
- > 1 to 2 chopped avocados (depending on size)
- > 4 boiled eggs, cut into quarters
- > 2 red chillies, chopped
- > 1 cup mixed seeds. Pumpkin seeds, sunflower seeds, chia etc.
- > 1/2 cup whole almonds with skin
- > 1 large lemon, squeezed
- > 1/8 or more of white wine vinegar
- > 2-4 tablespoons pure olive oil

1. Cook buckwheat and quinoa. I do 1 cup buckwheat to 2 cups water. 1/2 cup quinoa to 1 cup water.

These both take about 15 minutes each (a little more for the buckwheat if you haven't soaked it previously). I didn't soak my buckwheat and it took around 20 minutes to cook. I then ran it under cold water ready to serve and it works really well.

2. Par boil the broccoli and set aside to cool

3. Cook the eggs and set aside to cool then peel.

4. Chop chillies and avocados and put in bowl.

5. Then combine the buckwheat, quinoa, broccoli, kale, chillies, avocados, almonds, mixed seeds in a large bowl and stir to combined.

6. In a small bowl squeeze your fresh lemon, vinegar and mix with 2 tablespoons of olive oil. I used my eye a bit and added another 2 tablespoons of olive oil. A little bit more vinegar - see what you like. You want enough to lightly coat the buckwheat salad.

Pour over salad ingredients and stir to combine.

Plate and place quartered boiled eggs on top to serve. Enjoy!