



## Buckwheat Tabbouleh ( OP W )

Serving: 1

Veg

### *Ingredients*

- -2 tbsp uncooked buckwheat
- -2 tbsp parsley, finely chopped
- -2 tbsp mint, finely chopped
- -2 tbsp red onion, finely chopped
- - $\frac{1}{2}$  cucumbers, diced
- -1 tomatoes, diced
- -1 tsp lemon juice
- - $\frac{1}{2}$  apple, peeled and chopped into chunks
- -1 Tsp ground cumin or zatar
- -1 Tsp olive oil
- -Salt and pepper to taste

### *Preparation Method*

- -Cook buckwheat with 100 ml water ( or as required ) in pot. Once cooked, rinse well with cold water and let drain.
- -Place parsley, mint, red onion, cucumbers, tomatoes and buckwheat into a large salad bowl. Set aside.
- -In a liquidizer, blend lemon juice, olive oil, cumin and apple until smooth. Season with salt and pepper.
- -Toss with the buckwheat salad and serve.