

Buck Wheat Pilaf

Who?

This recipe is brought to you by Nikki Martin, personal trainer and nutritional advisor.

For more recipes visit www.nikkimartin.co.nz.



Ingredients

1 cup Buckwheat
1 chopped Onion
1 sliced Carrot
1 sliced Zucchini
1 cup mixed diced vegetables (Broccoli, Cauliflower, Silverbeet etc.)
1 can peeled tomatoes/3 tblspn Tomato Paste
2 cups Water, 1-2 tblspn Salt
1 tspn Asafetida, 1 tblspn Basil
1 tblspn Sugar
A little Sunflower/Olive Oil/Ghee.

Method

Roast the Buckwheat for one minute in a lightly oiled (Ghee/Sunflower Oil is suggested) large pot.

Add Onion, Carrot, Zucchini, diced vegetables & sauté for another minute or so.

Add Tomato Paste, Water, Salt, Asafetida, Basil & Sugar.

Lower heat and simmer for 30 minutes until grain is full and tender.

Serves 4-6 people, very delicious.
