



Green Pesto Buckwheat

Ingredients:

1/3 cup buckwheat, soaked overnight and rinsed
3 large stalk kale, finely shredded
1 broccoli head
1 green chilli, finely chopped
1 avocado, sliced (optional)
1/3 cup pistachios, toasted and roughly chopped
1/3 cup sunflower seeds, toasted roughly chopped
Large handful of mint, finely chopped
1 lemon
1/2 cup pesto
Extra Virgin olive oil
Sea salt + pepper

Method:

Prepare all ingredients.

For the broccoli place in a food processor and blitz into small pieces.

Rinse and drain buckwheat then place in a large bowl with all the other salad ingredients, adding the lemon juice, pesto + olive oil.

Season with salt + pepper and toss to combine. Dollop extra pesto on top.