



Buckwheat Stir Fry

Ingredients

- 1/2 cup (120g) of buckwheat (use certified gluten-free if allergic)
- 10 button mushrooms (approx. 150g)
- 3 large handful of baby spinach
- 1 medium pepper
- 1 whole broccoli
- 2 medium carrots
- 1 tablespoon of extra-virgin olive oil
- 1 garlic clove (optional)

For the dressing:

- 2 tablespoons of honey
- 2 tablespoons of soy sauce
- the juice of 1/2 lemon

Prep Time

TOTAL TIME: 30 MIN

- Prep: 10 min
- Cook: 20 min

Nutritional Analysis



Directions

1. Rinse the buckwheat and then place into a pot and cover it with 500ml of water. Bring to a boil on high heat, then lower the heat and let it simmer for 12 – 15 mins.

2. In the meantime, wash the vegetables. Cut the mushrooms into slices, cut the broccoli pepper into pieces and grate the carrots

3. Heat the olive oil in a saucepan, and add the crushed garlic. Fry for about a minute before adding the broccoli and peppers. Cook it for about 5 minutes, then add the grated carrot and mushrooms, Add the ingredients for the dressing and mix together.

4. Then add the spinach and cooked buckwheat and combine everything until the spinach is wilted.

5. Serve and enjoy!