

Buckwheat Salad



Indulge in our Vegan Buckwheat Salad, where vibrant greens blend with the creamy texture of buckwheat for a nutritious experience. Rich in fibre, antioxidants, and infused with the flavours of asparagus, green peas, and a tangy lemon-herb dressing, this salad is a testament to healthy indulgence. Ideal alongside your preferred protein source, it serves as a versatile and wholesome option for any meal. Fresh, straightforward, and irresistibly tasty—embrace the pleasure of eating well.

Preparation 15 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 190

Fat 8

Carbohydrates 27

Fibre 5

Protein 7

Sodium 650

Ingredients

- 80 g (½ cup) buckwheat groats, rinsed, raw
- 200 g asparagus, ends trimmed, cut into thirds lengthwise
- 30 ml (2 tbsp) olive oil, divided
- 2.5 ml (½ tsm) salt

- 250 ml (1 cup) frozen green peas, thawed
- 2 cloves garlic, minced
- The juice of $\frac{1}{2}$ lemon (or 30 ml (2 tbsp))
- 2.5 ml ($\frac{1}{2}$ tsp) Dijon mustard
- 500 ml (2 cups) baby spinach
- 125 ml ($\frac{1}{2}$ cup) dill, roughly chopped
- 125 ml ($\frac{1}{2}$ cup) parsley, roughly chopped
- Pepper, for taste

Preparation

1. In a medium saucepan, simmer the buckwheat in 375 ml (1 $\frac{1}{2}$ cups) of water for 15-20 minutes, or until the water is absorbed.
2. Meanwhile, in a large skillet over medium heat, cook the asparagus spears in 5 ml (1 tsp) of oil for about 1-2 minutes, or until slightly cooked yet still crunchy. If necessary, add a small amount of water to prevent the asparagus from burning. Season with a pinch of salt and set aside.
3. In the same skillet, sauté the onion and garlic in another 5 ml (1 tsp) of oil until the onions are translucent, about 2-3 minutes. Set aside.
4. Prepare the vinaigrette by whisking together the remaining olive oil, salt, mustard, and lemon juice.
5. Once the buckwheat is cooked, combine it in a large bowl with the green peas, onion, and garlic.
6. Fold in the spinach and asparagus gently, then mix in the vinaigrette. Finally, incorporate the fresh herbs and season with pepper to taste.

Notes

Keeps 3 days in the refrigerator, does not freeze.



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