

Bio-Oz Tabouli (Gluten free)

Ingredients

2 cups of boiled buckwheat
2 handfuls of parsley
½ red onion
2 tomatoes
1 yellow capsicum
juice of one lemon or lime
2 tsp good quality olive oil

Instructions

Dry roast buckwheat kernels in saucepan on medium heat, stirring constantly for approx. 5 mins. Allow buckwheat to cool slightly before adding enough water to cover buckwheat by 5mm and bring to boil.

Boil for 5 minutes or until the buckwheat becomes tender. Drain excess water. Allow to cool.

Finely chop parsley, red onion, tomatoes and capsicum. In a large bowl, combine cooked buckwheat, parsley, onion, tomatoes and capsicum. Add juice of one lemon/lime and oil. Mix well. Add salt and pepper to taste.

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