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Bio-Oz Tabouli (Gluten free)

Ingredients	Instructions
2 cups of boiled buckwheat	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.
2 handfuls of parsley	
½ red onion	
2 tomatoes	
1 yellow capsicum	Boil for 5 minutes or until the buckwheat becomes tender. Drain excess water. Allow to cool.
juice of one lemon or lime	
2 tsp good quality olive oil	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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