

Buckwheat, lentil and herb salad



Ingredients

- ½ bunch coriander chopped
- ½ bunch parsley chopped
- ½ red onion finely diced
- ½ cup buckwheat and ¼ cup quinoa (or ½ cup freekeh)
- ½ cup canned brown lentils
- 2 tbsp pumpkin seeds (toasted)
- 2 tbsp slivered almonds (toasted)
- 1/4 cup currants (optional)
- Juice of 1 lemon
- 3 tbsp extra virgin olive oil
- Seeds of 1 pomegranate

Dressing

- 0.5 cup plain Greek yoghurt
- 1 tsp ground cumin
- 1 tsp honey

Method

1. Place buckwheat and quinoa into a saucepan and cover with water. Heat on the stove top until boiling, then reduce the heat, cover and simmer for about 15 minutes. Drain off any remaining water and set aside to cool. (Freekeh can be used instead if you prefer).
2. To make the dressing, in a small bowl mix together yoghurt, cumin and honey
3. In a separate large bowl mix together all other ingredients, top with yoghurt dressing, pomegranate seeds and roasted nuts and seeds.

Serves 6

This dish is a great high fibre dish with low Glycemic Index foods, from whole grains and lentils, high in phenolic compounds.

Inspired from Low Inflammatory Diet recipes, WSLHD and USyd research project.

Per serve: 250cals energy, 21g carbohydrate, 4g fibre, 80mg calcium, 400µg beta-carotene Eq.