

MUSSEL AND BUCKWHEAT SALAD

GF DF Low

Serves 4 entrée size

Ingredients:

- ½ cup raw buckwheat kernels
- ~1kg medium black mussels
- 1 cup chopped green beans
- ½ a choko, peeled, diced
- 2 stalks of celery
- 2 shallots
- 2 brussel sprouts
- Canola oil
- 1 cup mung bean sprouts
- 4 large red cabbage leaves, trimmed

Dressing:

- ¼ cup canola oil
- 1 clove garlic
- ¼ tsp citric acid
- 2 Tbls water
- Salt to taste



Method:

- In a saucepan over heat, dry roast the raw buckwheat for about 3-4 minutes, till slightly browned
- Transfer to a pot of boiling water and simmer for 15 minutes with the lid off. The buckwheat should turn soft, but not mushy.
- Remove from the heat and drain off the water
- Meanwhile scrub the mussels and remove the beards
- Add mussels to a pot of boiling water
- Cook, covered for 10 minutes, or until the mussels open
- Discard ones that do not open
- Take from the water and keep 4 inside the shell for decoration. Remove the rest of the mussels from their shells and keep warm
- While the mussels are cooking
- Cut the green beans, shallot, choko, brussel sprouts and celery into small edible pieces
- Add canola oil to a fry pan and stir fry the vegetables
- Combine dressing ingredients and shake or stir well

To Serve:

- Add the cooked vegetables, mung bean sprouts, mussels and dressing to the buckwheat and fold through to combine
- Spoon mixture evenly between the 4 red cabbage leaf 'bowls' & top with the mussel in its shell.
- Place the cabbage leaves on plates and serve