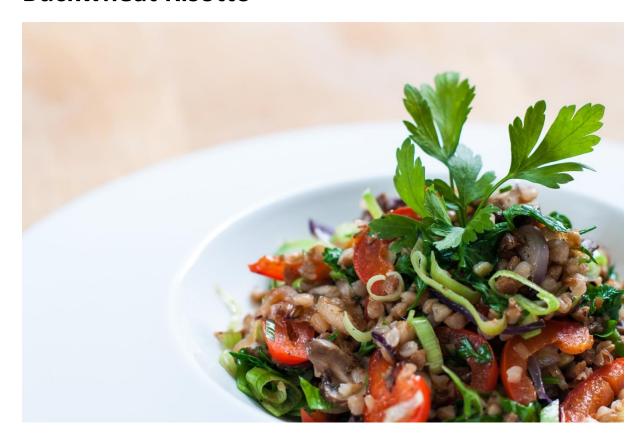
Buckwheat Risotto



Ingredients:

- ½ spoon olive oil or butter
- 100g buckwheat boiled
- 1 onion, finally chopped
- 1 leak (white part), finally chopped
- 2 garlic cloves, finally chopped
- Black pepper to taste
- Salt to taste
- 1 tomato, diced
- 1 orange pepper, diced
- ½ tsp cumin powder
- 5 button mushrooms, sliced
- 200ml single cream, optional
- Parmesan to garnish, optional
- Fresh parsley to garnish

Preparation:

Heat the olive oil and butter in a pan over a low heat.

On the hot pan add garlic, leak and onion and fry them until they are golden, for about 5 minutes

Preparation time: 30min

In the meantime, but buckwheat on a salty boiling water.

Then, add pepper to the mixture on the pan and cook it for another 5 minutes, until softened.

Next, add black pepper and pinch of salt to the vegetables; cook for couple more minutes.

Then, add a tomato, turmeric and mushrooms and stir fry for about 3 minutes.

Once buckwheat is soft, drain it and add it to the simmering vegetables on the pan. Finish off the dish with olive oil or single cream.

Garnish this nutritious dish with fresh parsley and aromatic parmesan.

It is an elegant, lovely and light dish for everyone.