

# Buckwheat Risotto



## Ingredients:

Preparation time: 30min

- 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

**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.**