BUCKWHEAT SALAD WITH VEGETABLES, OLIVES AND FETA



Menù Ingredients

120 g Soleggiati - TX1

360 g Dadolata di verdure - Brunoise of vegetables - BS0K

90 g Olio extravergine di oliva “Classico” - Extra virgin olive oil “Classic” - EK0X

90 g Olive Leccino Nostraline denocciolate - Pitted Leccino Olives - Z91

Ingredients

540 g Buckwheat

150 g Feta cheese

q.s. Fresh mint

q.s. Pepper

q.s. Salt

Chef: Diego Ponzoni

Method

Serves 6.

Wash the buckwheat under running water, then cook it in a pot of boiling salted water for about fifteen minutes, drain and cool it down. Meanwhile in a bowl add the diced vegetables (drained), the olives, the soleggiati tomatoes(cut in halves) and season with extra virgin olive oil, few mint leaves, salt and pepper . Now add the cooled buckwheat to the other ingredients, mix well. With the help of a pastry cutter, transfer the salad to the plates. Complete with diced feta cheese, a drizzle of extra virgin olive oil and mint leaves.

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