

BUCKWHEAT SALAD WITH VEGETABLES, OLIVES AND FETA



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.

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 Nostrale denocciolate - Pitted Leccino
Olives - Z91

Ingredients

540 g Buckwheat

150 g Feta cheese

q.s. Fresh mint

q.s. Pepper

q.s. Salt