

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" - EKOX
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.