



BUCKWHEAT RISOTTO

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 tablespoon coconut oil
 - 1 large onion, finely sliced
 - 2 cloves garlic, crushed
 - 125g buckwheat groats
 - 400ml stock - vegetable or chicken
 - knob of butter
 - 185g mushrooms - any type
 - 100g leafy greens such as chard, spinach or spring greens
 - black pepper
- optional: parmesan cheese to serve

PREP TIME

- Ready in | 40

METHOD

1. Heat the coconut oil in a large shallow pan.
2. Add the onions and gently fry for 8 minutes until soft.
3. Add the crushed garlic and fry for another 2 minutes.
4. Rinse the buckwheat groats and add to the pan along with the stock.
5. Gently bubble over a gentle heat, stirring occasionally for 20-25 minutes until the buckwheat is cooked. It should retain a little bit of bite.
6. While the buckwheat is bubbling away, heat a knob of butter in a frying pan and sauté the mushrooms until cooked.
7. When the buckwheat is cooked stir through the greens and let them wilt then stir through the mushrooms.
8. Serve with a sprinkling of parmesan cheese and a grind of black pepper.