



JERNEJ KITCHEN

BUCKWHEAT STIR FRY WITH VEGETABLES

Buckwheat Stir Fry with Vegetables is a simple 25-Minute recipe using buckwheat groats (kasha) and colorful veggies. Make it for lunch or dinner.

SERVES	4	PEOPLE (AS SIDE DISH)
PREPARATION:	5	MINUTES
COOK:	20	MINUTES
TOTAL TIME:	25	MINUTES

BUCKWHEAT STIR FRY WITH VEGETABLES

350 g (1 1/2 cup) buckwheat groats

350 ml (1 1/2 cup) water, for cooking

2 carrots

1 bell pepper

1/2 leek

1 onion

2 tbsp olive oil

1/4 tsp thyme

1 tbsp parsley, chopped

TOOLS AND EQUIPEMENT

sieve

pot

large pan

cutting board

kitchen knife

COOK THE BUCKWHEAT

Add the buckwheat groats to a sieve and rinse under running water. Transfer to a pot and add water. Place over medium heat, season with salt, and bring to a boil. Cover with a lid and simmer for 12 minutes. When it's cooked, set the buckwheat aside, cover with a lid.

VEGGIES

Peel the carrots and cut them into small cubes. Clean the bell pepper, remove the core and cut it into small cubes. Cut the leek in half lengthways, rinse under running water and cut it into small cubes. Peel the onion and dice it.

STIR FRY

Place a large pan with olive oil over medium heat. Add the vegetables and season with thyme, salt, and pepper. Stir fry for 5 minutes, stirring regularly. Add the buckwheat and cook for 2 - 3 minutes. Remove from the heat and season to taste with salt and pepper if necessary.

SERVE

Serve the Buckwheat Stir Fry with Vegetables as a main or side dish. Before serving, sprinkle with chopped parsley.