



## Red beet buckwheat 'risotto'

*erves 4*

3 red beets, cooked peeled and diced

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1 cup buckwheat groats

2 tbsp olive oil

2 small red onions, diced

1 garlic clove, finely chopped

juice from 1 lemon (or a splash of white wine)

3 cups hot vegetable stock

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2/3 cup (75 g) feta cheese, crumbled

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sea salt to taste (be careful though, the stock and the feta cheese was enough for me)

freshly ground black pepper, olive oil, baby chard leaves and chopped parsley to serve

- 1) To cook the beets: Scrub well and add them to a pot with lightly salted water, just enough to cover the beets. Bring to a boil and cook until 'al dente' - when you can easily insert a knife in the middle they are ready. This usually takes 30-40 minutes. Remove from the heat, rinse with cold water and when the beets are cool you can peel off the skin using a knife.
- 2) Rinse the buckwheat first under hot water, then cold. Drain in a colander.
- 3) Heat the olive oil in a large pot over medium heat. Add onions and garlic and sauté for about 5 minutes, stirring often, until the onions are soft.
- 4) Add the buckwheat and stir to coat the grains evenly with oil for about 1 minute.
- 5) Add lemon juice (or wine) and stir until all of the liquid is absorbed into the buckwheat.
- 6) Begin adding the hot stock, ½ cup at a time, stirring frequently. Wait until each addition is almost completely absorbed before adding the next ½ cup, reserving about ¼ cup of stock to add at the end if needed. Stir frequently to prevent the buckwheat from sticking.
- 7) After about 20 minutes when the buckwheat is al dente, add the remaining stock, feta cheese and the diced beets and stir vigorously until the risotto absorbs the juices of the beets and turns a bright shade of pink.
- 8) Add salt if needed and finish off with freshly ground pepper.
- 9) Serve immediately with a drizzle of olive oil, baby chard leaves and chopped parsley.



## Spicy red lentil-stuffed peppers

*serves 2 as a meal or 4 as a side*

2 large yellow peppers

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1/2 cup red lentils

1 cup vegetable stock

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1 tbsp olive oil

1 small onion, diced

1 garlic clove, finely chopped

1/2 red chilli, deseeded and finely chopped

1 celery stalk (including green tops if you like), diced

1/2 cup strained tomatoes + 2 tbsp water

1/4 tsp sea salt

freshly ground black pepper

almond meal (or bread crumbs)

parsley or flat-leaf parsley, finely chopped

- 1) Cook the lentils in vegetable stock for about 15 minutes and drain well.
- 2) Preheat the oven to 200° C (400 ° F). Halve the peppers lengthways, remove the seeds and place on a baking tray.
- 3) Heat the olive oil in a frying pan over medium heat and cook the onion, garlic and chilli for about 5 minutes, until fragrant and softened.
- 4) Add the celery and fry for another 2-3 minutes. Stir in the strained tomatoes + water and cook for 3-4 minutes. Add sea salt and freshly ground black pepper to taste.
- 5) Combine the above with the cooked lentils and spoon into the halved peppers. Top with almond meal (or bread crumbs if you prefer), finely chopped parsley and a drizzle of olive oil and bake for about 20 minutes until the peppers are golden and soft to the touch.