

Buckwheat, butternut squash and orange salad

Ingredients

- 150g buckwheat
- 1 butternut squash, unpeeled
- 3 tbsp olive oil
- zest and juice 1 orange, segments preserved
- 4 tbsp red wine vinegar
- ½ red onion, thinly sliced
- small bunch mint, chopped
- small bunch flat-leaf parsley, chopped
- 2 handfuls rocket

Method

- **STEP 1**

Boil the buckwheat for 20-25 mins until just tender but with a little bite. Drain.

- **STEP 2**

Meanwhile, heat oven to 200C/180C fan/gas 6. If using butternut, thickly slice into rounds, flicking out the seeds as you go, or slice small, round squashes into thin wedges. Toss with 1 tbsp oil, the orange zest and seasoning. Spread over a baking sheet and roast for 35 mins until golden and tender, turning halfway. Set aside while you finish the dish.

- **STEP 3**

Mix the orange juice, vinegar and remaining oil with the buckwheat and plenty of seasoning. Stir in the onion and chopped herbs, then layer up on a platter with the squash, rocket and remaining mint and parsley leaves.