



Roots and leaves buckwheat salad with pesto

Ingredients

- 10 baby carrots
- 6 baby beetroots
- olive oil, for drizzling
- 225g (1 ½ cup) cooked buckwheat, see note
- 1 cup karkalla stems

Note

To cook buckwheat, place one part well-rinsed buckwheat to two parts water and bring to the boil over high heat. Reduce to a simmer, cover with a lid and cook for about 15 minutes or until the buckwheat is tender but still chewy. 150 g (3/4 cup) raw buckwheat yields 225 g (1½ cup) cooked buckwheat.

in a small saucepan
and cook for about 15
minutes + 300ml

Carrot top pesto

- 2 cups (firmly packed) carrot leaves (from 1 bunch), well rinsed
- 55g (½ cup) pumpkin pepitas
- 1 garlic clove
- 15g (¼ cup) finely grated pecorino
- 125ml (½ cup) extra-virgin olive oil
- lemon juice, to taste

Tahini-yoghurt dressing

- 120g (½ cup) thick yoghurt
- 1 tbsp regular tahini
- 1 tbsp extra-virgin olive oil
- 2 tsp honey
- lemon juice, to taste

Method

Preheat oven to 200°C.

Remove the leafy green tops from the carrots and reserve for the pesto. Chop off the stalks and scrub the carrots well. Place the carrots on a baking tray, season with sea salt and freshly ground black pepper and drizzle with oil. Roast for 30 minutes or until golden and tender. For the last 10 minutes of the bake add the karkalla stems to the tray

Remove the leaves from the beetroots. Thinly slice 10 of the most tender, small leaves and set aside as a garnish. Scrub the beetroots well and halve. Place the beetroot on a baking tray, season with salt and pepper and drizzle with oil. Roast for 30 minutes or until tender.

Make the carrot top pesto. Place all of the dry ingredients in a small food processor and finely chop. Add the oil, chopped carrot tops and lemon juice, season with salt and process to combine. Adjust seasoning and consistency as desired. Set aside.

Make the yoghurt dressing. Combine all of the ingredients in a bowl and season with salt and pepper. The dressing should be a thick pouring consistency. Adjust seasoning as desired.

Spread the buckwheat to cool on a serving platter. Arrange the roasted vegetables, the karkalla and beetroot leaves on it. Dollop the pesto across the platter and drizzle with the dressing before serving.