**Festive Salad with Leek & Broad Bean Puree**

Ingredients

* 1 cup cooked buckwheat or giant couscous
* ½ cup frozen peas, thawed
* 2 radishes, sliced thinly or chopped finely
* A few handfuls of salad greens or lettuce
* ½ cup crumbled feta cheese
* ¼ cup pomegranate arils
* Handful baby potatoes (halved if larger), boiled
* ½ cup picked herbs, basil, chives, and/or mint
* ¼ cup pumpkin seeds (~~pistachio~~), toasted and chopped
* 1 tsp salt and ¼ tsp cracked pepper

Leek and Broad bean puree:

* ½ lemon, zested and juiced
* 1 tbsp drained capers
* 1 tbsp olive oil, plus 1 tsp
* 1 large leek (or 3 small, about 275g), sliced
* 200g frozen baby broad beans (green part)

Method

1. Mix the lemon zest and juice with the capers and 1 Tbsp oil to make the dressing.
2. Boil the leek and beans together with a little salt for 6-8 mins until tender.
3. Lift them out with a slotted spoon and keep them for puree. Cook ½ cup buckwheat in 1 cup of the salted water.
4. Once the water has been absorbed turn the heat off and put a lid on the pot of buckwheat and let sit for 5 mins. Then tip into a large bowl to cool down.
5. Put the potatoes in a pot of cold water and bring to the boil. Cook for 10-12 mins or until a knife pierces them easily.
6. Prepare the remaining ingredients and when everything has cooled you can begin building the salad. Gently toss the salad ingredients together and put into 2 serving bowls, sprinkle the toasted seeds across the top of each bowl.
7. Blend the leeks, broad beans and salad dressing together.
8. Serve the puree first so it is underneath the salad on each plate.