

# Buckwheat and Haricots Verts Salad

Cooking from my new cookbook!

## **Buckwheat and Haricots Verts Salad**

This is either lovely as is or served with some pan-fried salmon. It's quick to make – less than half an hour if you get the various elements all cooking at the same time – but can also be prepared in advance, if you like. All the elements can be made 1 day ahead and kept separately in the fridge, ready for the dish to be assembled before serving.

### Ingredients

2 small red onions, peeled and cut into 3/4 inch wedges (3 cups/300g)

2 tablespoons olive oil

Salt

$\frac{1}{2}$  cup / 90g raw buckwheat (ie not kasha, which is pre-toasted)

12  $\frac{1}{4}$  ounces / 350g french beans, trimmed and cut in half across the middle

$\frac{1}{4}$  cup / 5g mint leaves, roughly chopped

$\frac{1}{4}$  cup / 5g tarragon leaves, roughly chopped

1 teaspoon Urfa chile flakes, to serve (or  $\frac{1}{2}$  tsp other crushed red pepper flakes), to serve

For the sauce

6 tablespoons / 100g Greek yogurt

1 small garlic clove, minced

1 tablespoon olive oil

2 teaspoons lemon juice

$\frac{1}{4}$  teaspoon dried mint

### Method

Heat the oven to 425° F.

Mix the onion wedges in a large bowl with 1 tbsp of oil and 1/8 teaspoon of salt. Spread out on an oven tray lined with baking paper and roast for 18-20 minutes, until cooked through and golden. Remove from the oven and set aside to cool.

Bring a medium saucepan with slightly salted water to a boil. Add the buckwheat and cook for 8 minutes. Add the green beans and cook for 5 minutes, until both the green beans and the buckwheat are al dente. Drain, refresh under cold water and then set aside to dry well.

Mix together all the ingredients for the sauce with 1/8 teaspoon of salt in a bowl and set aside.

When ready to serve, mix the onions, buckwheat, green beans, mint and tarragon with the remaining 1 tablespoon of oil and 1/2 teaspoon of salt. Transfer the salad to a serving bowl and serve the sauce on the side or swirl it through the salad before transferring it to the serving bowl. Sprinkle with the chile flakes and serve.

Source: Ottolenghi Simple Cookbook (4 servings)