



Swedish-Style Buckwheat

Total: 96 min · Prep: 32 min · Cook: 64 min · 1 servings · Easy · Lunch

Dairy-Free

INGREDIENTS

30 g Buckwheat

10 g Cashew

160 g Sea fish fillet

25 g Hummus

75 g Beet greens, cooked, boiled, drained,
with salt

75 g Red bell pepper

10 g Oil

1 tbsp Lemon juice and soy sauce

to taste Oregano, allspice

INSTRUCTIONS

- 1 Cook buckwheat and place in a deep plate. Top with hummus.
- 2 Steam or bake the fish until done (on average this takes 15-18 minutes at maximum temperature). Place the fillet on the hummus.
- 3 Wash beetroot, place in a pot and boil for 30 minutes. If planning ahead, boil the beetroot the evening before to save time at lunch. Then grate the beetroot on a coarse grater. Deseed and grate the bell pepper. Add oil, lemon juice, soy sauce, oregano, allspice and mix. Place all ingredients on top of the fish fillet.
- 4 Finely chop cashews and sprinkle over the dish.

Nutrition per serving: 493 kcal · Protein 42.0 g · Fat 20.0 g · Carbs 41.0 g · Fiber 8.6 g