



# Kasha, hemp, beetroot and feta salad (serves 2)

A colourful and flavoursome vegetarian salad, quick and easy to prepare, fresh and light to be enjoyed for lunch or dinner.

## Ingredients

160g of kasha (roasted buckwheat grain)

100g cooked beetroot

2 stalks of celery

4 spring onions

1 teaspoon of parsley

40g feta cheese

10g Hemp seeds

## Dressing

4 tablespoons of red wine vinegar

1 teaspoon of wholegrain mustard

1 tablespoon of honey

1 tablespoon of hemp oil

Pinch of salt and pepper

## Method

1. Grate the beetroot and dice the spring onions and celery.
2. Weigh out the kasha and mix in with the vegetables.
3. In a small bowl whisk together the dressing ingredients, mix into the salad bowl.
4. Finish by crumbling feta on top along with hemp seeds and a sprinkle of parsley.

## Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	772kJ 173kcal	7.1g	5.4g	0.9g	23.3g	5.2g	1.5g	0.3g
Per 260g Serving	2006kJ 450kcal	18.5g	14g	2.2g	76.1g	13.4g	3.8g	0.8g