



**VEGETARIAN
EXPRESS**



Buckwheat Tahini Salad

Ingredients

- 180g buckwheat
- 40g tahini
- 10g pistachio nuts - kernels
- 80g pitted dates
- 80g figs
- 80g Bold Bean Queen chickpeas
- 80g British carlin peas
- 100g sun dried tomatoes

Buckwheat may contain traces of Gluten

Pitted dates may contain traces of Gluten

Sun dried tomatoes may contain traces of Eggs & Milk

Method | SERVES 4

- Soak carlin peas overnight, bring to the boil and simmer for 20 minutes.
- Bring buckwheat to the boil and cook for 20 minutes.
- Mix tahini with 50ml water.
- Chop dried dates, pistachios and figs.
- Mix together all ingredients and arrange as shown.

Typical Nutritional Values

	per 100g	serving 299g
Energy	682kJ 162kcal	2040kJ 483kcal
Fat	3.6g	10.8g
of which Saturated	0.6g	1.8g
Carbohydrate	26.0g	77.7g
of which Sugars	8.6g	25.7g
Fibre	4.0g	12.0g
Protein	6.3g	18.8g
Salt	0.92g	2.75g

Suitable for: Vegan

Allergens: Tree Nuts, Sesame Seeds, Sulphur Dioxide/Sulphites

Impact | PER SERVING

This dish is inherently plant-based and using it is naturally better for the planet's environment