

# Sprout Lovers Autumn Salad

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## Ingredients

4 large potatoes  
1/3 cup buckwheat  
1 cup peas  
½ ripe avocado  
1 cup sprouted mung beans  
3 or 4 radishes sliced  
1 cup coriander or basil leaves  
Juice of ½ lemon  
2 tbsp olive oil  
½ cucumber sliced  
Salt and pepper to taste

## Method

1. Cook the potatoes like we do for Greek Potatoes (see below)
2. Bring a pan of water to the boil add some salt and the buckwheat and cook for 10 to 15 minutes or until soft and cooked through. Strain from the water.
3. Place the peas and avocado, coriander or basil with some salt and pepper in a food processor and process until the peas are broken up (it can be a little chunky).
4. In a bowl place the pea mixture, buckwheat and sprouted mung beans and fold gently.
5. On plates divide the pea, buckwheat and sprout mixture then arrange the Greek Potatoes on top and garnish with the cucumber and radish.

# Greek Potatoes

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## Ingredients

8 large potatoes  
1 cup water  
½ cup olive oil  
4 cloves garlic minced  
½ cup lemon juice  
generous salt  
pepper  
a few sprigs of dried oregano or fresh rosemary

## Method

1. Wash and peel the potatoes and cut into wedges. Place the potatoes in a baking tray with the water, olive oil, lemon juice, garlic, salt and pepper. Make sure you coat the potatoes with the water mixture.
2. Place the potatoes in a 220 C oven and cook for 40 minutes. Turn the potatoes over and add ¼ to ½ cup more water if the potatoes have all dried out.
3. Cook again for up to 30 minutes or until the potatoes are cooked and crispy.



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