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**Recipe:**

Buckwheat porridge with vegetables

**Ingridients:**

- 1 x zucchini
- 1 x handful of buckwheat porridge
- 1/4 x leek
- 1 x teaspoon of olive oil



**Difficulty:**



**General description and procedure:**

- Wash the buckwheat porridge and boil it in water. Let it boil for about 20 minutes to cook.
- Cut the leek into rings and steam it.
- Peel the zucchini, cut it into rings and add it to the leek. Zucchini cooks for about 15 minutes, leeks a little longer.
- When the vegetables are cooked, mash them and add buckwheat porridge and olive oil.