

# Cover crop salsa with root vegetables

By Matt Stone

**10 minutes**

Preparation time

**30 minutes**

Cooking time

**4**

Serves



## INGREDIENTS

65 g (? cup) buckwheat  
55 g (? cup) pepitas  
2 tbsp coriander seeds  
2 large bunch edible cover crop greens or the tops of the vegetables (approximately 200 g), washed well  
1-2 tbsp Chardonnay vinegar  
80 ml (? cup) olive oil  
Salt flakes and pepper, to taste  
4 garlic cloves, roughly chopped  
2 tbsp Dijon mustard  
2 bunches baby carrots, cut into wedges  
2 bunches large radishes, cut into wedges  
1 bunch beetroot, cut into wedges  
1 tbsp honey

## To serve

Fresh herbs and flowers  
Extra virgin olive oil

## METHOD

1. Place the buckwheat in a frying pan and toast over medium heat, induction setting 6, for 5 minutes or until toasted. Remove from the pan and reserve for serving.
2. Place the pepitas in the same frying pan and toast for 10 minutes, or until they start popping. Once the pepitas are done, pour onto a flat tray to cool and add the coriander seed into the frying pan to toast.
3. Preheat the griddle plate over medium-high heat, induction setting 7, for 5 minutes. Once hot, lightly dress the cover crop greens with half of the oil and salt. Char the greens in bundles so the outsides get a little charry and the insides steam and soften. Do this in a few batches to cook them all evenly. Roughly chop the cooked greens.
4. Place into a blender with the garlic, Dijon mustard, pepitas and coriander seeds. Add a splash of Chardonnay vinegar and the remaining olive oil. Blend on high to make a smooth salsa. Add more oil to get a nice consistency, if needed. Season with salt, pepper and a little more Chardonnay vinegar if needed.
5. Place the root vegetables into a perforated steam container and steam at 100°C for 7 minutes, until just tender.
6. Change the oven function to Combi Grill level 3 + 30% humidity. Place the vegetables onto a universal tray and drizzle with a little honey, oil and salt. Place into the oven on shelf level 3 and grill for 5 minutes until caramelised.

## To serve

1. Place the vegetables on a large serving platter and cover evenly with the cover crop salsa.
2. Drizzle with a little olive oil, sprinkle over the toasted buckwheat and generously garnish with picked herbs and flowers. Serve either hot or at room temperature.

## Hints and tips

- A mixture of cover crop greens is ideal, whatever is in season and tasty. Greens like radish leaf, pea tendrils, mustard leaf and dock are great.
- If you're not near a winery or a farm that is cover cropping, the tops of the root vegetable can be substituted for the cover crops in the salsa.