

Buckwheat and Arugula Salad with Cashews

Nutritious buckwheat and arugula salad with cashews and pomegranate. Gluten-free, vegan-friendly, perfect for healthy meals. Ready in 30 minutes!

15 min

PREP

15 min

COOK

30 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Buckwheat and Arugula Salad with Cashews

Ingredients

- 2 cup buckwheat
- 0.5 sprig parsley
- 2 cup pomegranate
- 4 tbsp pomegranate molasses
- 3 tbsp olive oil
- 0.5 cup cashew nuts
- 0.5 sprig arugula
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the buckwheat**

Rinse 2 cups buckwheat groats in a fine-mesh strainer under cold running water until the water runs clear, about 1-2 minutes.
- 2** Bring 3 cups water to a boil in a medium saucepan over high heat. Add 1 teaspoon salt and the rinsed buckwheat groats.
- 3** Reduce heat to low, cover, and simmer for 15-18 minutes until the buckwheat is tender and has absorbed most of the water.
- 4** Drain any excess water from the buckwheat and spread it on a large plate or baking sheet to cool completely, about 15 minutes.
- 5 Prepare the greens**

Wash 2 cups arugula and 1/2 sprig parsley thoroughly under cold running water. Pat completely dry with paper towels or use a salad spinner.
- 6** Roughly chop the arugula into bite-sized pieces and finely chop the parsley leaves, discarding the stems.
- 7 Make the dressing**

Whisk together 4 tablespoons olive oil, 3 tablespoons pomegranate molasses, and 1 teaspoon salt in a small bowl until smooth and well combined.
- 8 Assemble the salad**

Transfer the cooled buckwheat to a large serving bowl and add the chopped arugula and parsley.

- 9 Pour the dressing over the buckwheat mixture and toss gently to coat all ingredients evenly.
- 10 Add 1/2 cup toasted cashews and toss once more. Taste and adjust salt as needed before serving.

Tips

Rinse buckwheat thoroughly in cold water before cooking to remove any debris and reduce bitterness. Use a fine-mesh strainer for best results.

Toast cashews lightly in a dry pan for 2-3 minutes to enhance their flavor and add extra crunch to the salad.

Wash arugula in cold water and dry completely using a salad spinner or paper towels to prevent the salad from becoming soggy.

Let cooked buckwheat cool completely before adding to the salad to prevent wilting the greens and to allow flavors to develop properly.

Remove pomegranate seeds by cutting the fruit in half and tapping the back with a wooden spoon over a bowl to release the arils easily.

Taste the dressing separately before adding to ensure the right balance of acidity and seasoning for your preferences.

Add delicate ingredients like nuts and herbs just before serving to maintain their texture and vibrant appearance.

For meal prep, store components separately and assemble just before eating to keep everything fresh and crisp.