

Kaju ve Narlı Karabuğday Salatası

Nutritious buckwheat salad with cashews and pomegranate. Fresh arugula, herbs, and tangy dressing make this healthy vegan dish perfect for any meal.

15 min

HAZIRLIK

15 min

PIRME

30 min

TOPLAM

6

PORSİYON

Easy

ZORLUK

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Malzemeler

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

Yapılışı

- Prepare the buckwheat**

Rinse 2 cups buckwheat in a fine-mesh strainer under cold running water until the water runs clear, about 1-2 minutes.
- Bring 4 cups water to a boil in a medium saucepan over high heat. Add the rinsed buckwheat and return to a boil.
- Reduce heat to medium-low and simmer uncovered for 12-15 minutes, until the buckwheat is tender but still has a slight bite. Drain immediately and rinse with cold water to stop cooking.
- Transfer the drained buckwheat to a large bowl and let cool completely to room temperature, about 15 minutes.
- Prepare the herbs**

Wash 0.5 bunch parsley and 0.5 bunch arugula under cold water, then pat completely dry with paper towels. Finely chop both herbs and set aside.
- Make the dressing**

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

Add the chopped parsley and arugula to the cooled buckwheat and toss gently to combine.
- Pour the dressing over the buckwheat mixture and toss thoroughly until everything is evenly coated.

- 9 Add 0.5 cup cashews and fold them in gently to distribute throughout the salad. Serve immediately or refrigerate for up to 2 hours before serving.

?puçlar?

Rinse buckwheat thoroughly before cooking to remove any bitter compounds and achieve the best flavor. Use a fine-mesh strainer and rinse until the water runs clear.

Cook buckwheat in plenty of water and change the water 2-3 times during cooking to prevent any residual bitterness and achieve the perfect texture.

Allow cooked buckwheat to cool completely before adding to the salad to prevent wilting the fresh greens and herbs.

Wash arugula and herbs in vinegar water to remove any dirt or pesticide residues, then dry thoroughly with paper towels or a salad spinner.

Use fresh pomegranate seeds for the best flavor and texture, or purchase pre-packaged seeds if pomegranates aren't in season.

Toast cashews lightly in a dry pan for extra crunch and enhanced nutty flavor before adding to the salad.

Add delicate ingredients like cheese, nuts, or fresh herbs just before serving to maintain their texture and prevent the salad from becoming soggy.

Make the dressing separately and add it just before serving to keep the greens crisp and fresh-looking.