
Ananas Salad (Inspired by Ananas Café)

Cook Time: 15 min

prep Time: 15 min

total Time: 30 min

servings: 4

Ingredients

For the Salad:

- 150g (1 cup) cooked quinoa
- 50g (2 cups) chopped parsley
- 3 green onions, thinly sliced
- 2 medium tomatoes, diced
- 1 small yellow bell pepper, diced
- 60g (½ cup) pomegranate seeds
- 2 tbsp dried cranberries
- 2–3 tbsp toasted pine nuts

For the Dressing:

- 60ml (¼ cup) olive oil
- 2 tbsp lemon juice
- 2 tsp honey or maple syrup
- 2 tsp Dijon mustard
- 1 small garlic clove, minced (optional)
- ½ tsp salt
- ¼ tsp black pepper

Instructions

1. Prepare the Dressing

In a small bowl or jar, whisk together the olive oil, lemon juice, honey (or maple syrup), Dijon mustard, minced garlic (if using), salt, and black pepper. Whisk until well combined and emulsified. Set aside.

2. Assemble the Salad

In a large mixing bowl, add the cooked quinoa, chopped parsley, green onions, diced tomatoes, yellow bell pepper, pomegranate seeds, dried cranberries, and toasted pine nuts.

3. Toss Everything Together

Pour the dressing over the salad and gently toss until all ingredients are evenly coated.

4. Let it Rest

For the best flavor, let the salad sit for 10–15 minutes before serving to allow the ingredients to absorb the dressing.

5. Serve and Enjoy!

Enjoy fresh as a salad, a side dish, or even as a light meal on its own. It pairs wonderfully with grilled proteins or as part of a mezze spread.

Pro Tips

- You can swap parsley for fresh mint or cilantro for a different herbaceous twist.
- Add feta cheese or goat cheese for extra creaminess.
- For a crunchier bite, try roasted almonds or walnuts instead of pine nuts.