



HAMAMA RECIPES

Aromatic Fennel Microgreens

By Team Hamama

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Caramelized Fennel and Onion Dip

With White Wine / Gruyere /
Parmesan / Ricotta / Ritz /
Fennel Microgreens

Author: Carolyn, Customer
Success Team Member

Serves 6-8 | ~30 min

Ingredients

- 1 fennel bulb, thinly sliced
- 1 onion, thinly sliced
- 1 cup fennel microgreens (seeds attached), chopped
- 1 tbsp butter
- 1 tbsp olive oil
- 1 cup dry white wine
- 2 cups Gruyere cheese, shredded
- ½ cup ricotta cheese
- ¼ tsp salt
- ⅛ tsp pepper
- ¼ cup Parmesan cheese, grated
- Ritz crackers, crushed
- Baguette, sliced and toasted



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Instructions

1. Add your butter and olive oil in a medium skillet over medium high heat. Once melted, add in your onions and fennel, stirring every two minutes.
2. After 5 minutes have passed, add a splash of wine every 2 minutes allowing the wine to absorb before adding more in. After about 10 to 15 minutes, the fennel and onions should be caramelized and golden brown. Add in the fennel microgreens and stir to combine. Set aside when ready.
3. Preheat your oven to 400° F.
4. Add your Gruyere and ricotta cheese to a medium-sized bowl. Add in salt, pepper and your fennel and onions. Stir to combine.
5. Place your mixture into a greased 8 inch baking dish. Top it off with grated Parmesan cheese and crushed Ritz crackers to taste.
6. Bake for 10-15 minutes or until the top is nice and brown and the cheese is bubbly.
7. Dig in with toasted baguette slices (or any cracker/chip of choice) and enjoy!



Italian Breaded Steak Salad

With Kale / Avocado / Pickled
Onion / Feta / Pistachios / Fennel
Microgreens

Author: Allie, Customer Success
Manager

Serves 2-4 | ~25 minutes



Ingredients

Steak

- 2 shell steaks, pounded out to about 1/2 in thick
- ¼ cup extra virgin olive oil
- 2 garlic cloves, minced
- ⅓ cup bread crumbs
- 2 tbsp freshly grated Parmesan cheese
- 1 tsp dried oregano
- Salt and pepper, to taste

Salad

- 1 ½ cups curly kale, chopped or shredded and massaged
- 1 ½ cups romaine lettuce, chopped
- 1-2 tbsp hemp seeds
- Handful of fennel microgreens
- Fresh cilantro, chopped
- 1 medium-ripe avocado, sliced or diced
- Pickled red onions, to taste
- Feta cheese, to taste
- Chili-roasted pistachios, roughly chopped

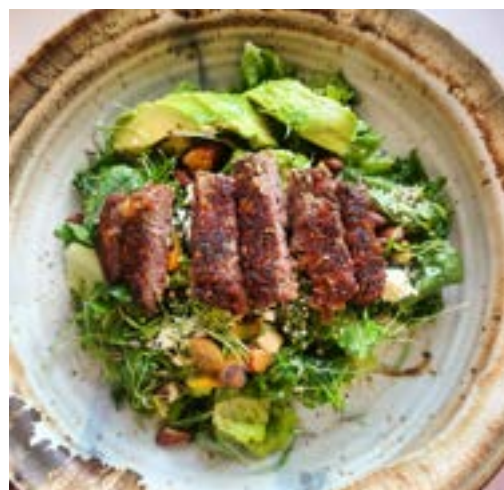
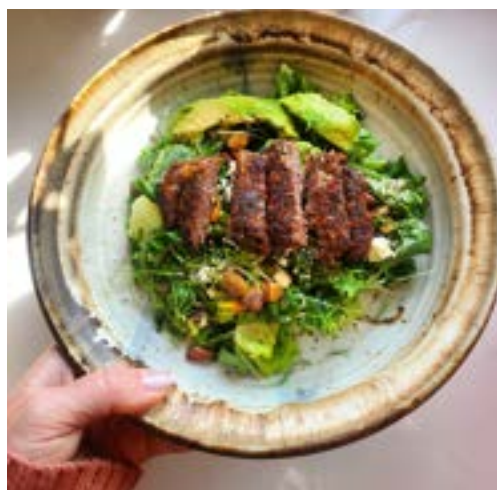
Dressing

- ½ cup sherry vinegar
- 2 tsp fresh lemon juice
- 2 tsp honey
- ½ cup extra virgin olive oil, divided
- Salt & freshly ground pepper

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Instructions

1. Prepare the steak: Combine the olive oil and garlic in a baking dish and place the steaks in the baking dish, and let them stand for 15 minutes, flip and another 15 minutes. Mix the bread crumbs, cheese, oregano, salt and pepper together in a shallow dish. Remove the steaks from the oil, letting the oil cling to the steaks. Dip each piece of steak into the bread crumb mixture, patting to coat both sides. Let stand for 10 minutes to set the breadcrumbs. Heat a medium-sized pan on medium-high heat with enough olive oil to coat. Cook the steak on each side until golden brown, being careful not to burn the breadcrumbs, about 3 minutes per side depending on thickness. Remove from pan and let rest.
2. Prepare the salad dressing: Whisk the vinegar, lemon juice, honey, salad and pepper together. Slowly whisk in the olive oil.
3. Prepare the salad: Massage the kale with a little olive oil to soften it. Top with the romaine lettuce, hemp seeds, fennel microgreens and cilantro. Toss with the dressing to evenly coat. Top with slightly cooled and sliced steak, avocado slices, pickled onions, feta cheese, pistachios and more fennel microgreens. Season to taste with salt and pepper. Serve immediately.



Roasted Cauliflower

With Shallot / Chili / Almonds /
Tahini Sauce / Fennel
Microgreens

Author: Allie, Customer Success
Manager

Serves 4 | ~35 minutes



Ingredients

- 1 head of cauliflower
- Olive oil
- 1 shallot
- Chili flakes to taste
- 2-3 large cloves garlic
- Salt & Pepper to taste
- About 1 inch fresh red chili, seeded
- Smokehouse almonds or chili-roasted pistachios, roughly chopped
- Handful of fennel microgreens
- Tahini Sauce
- 3 tbsp drippy tahini
- 3 tbsp warm water
- 2 tbsp fresh lemon juice
- 1 tbsp extra-virgin olive oil
- 1 small clove garlic, grated
- ¼ tsp salt
- Freshly cracked black pepper, to taste

Instructions

1. Preheat oven to 375°F. Remove leaves and tough stalks and cut the cauliflower into very small florets. Place on a baking tray lined with baking paper and drizzle with olive oil.
2. Sprinkle chili flakes, salt and pepper over the top then bake for about 20 minutes, tossing half way through. The cauliflower should be golden brown.
3. While the cauliflower is roasting, heat a little more olive oil in a skillet and add finely diced shallot. Cook until soft and a little caramelized then add finely minced garlic and sliced fresh chili. Cook until fragrant.
4. Prepare the tahini sauce if desired: Whisk together the tahini, water, lemon juice, oil, garlic and salt together in a small bowl. Sauce can be refrigerated for 3-5 days.
5. Combine the roasted cauliflower with the shallot, garlic and chili mixture and taste for seasoning. Transfer to a serving bowl and add chopped nuts and fennel microgreens. Drizzle with tahini sauce if desired and enjoy immediately.



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Creamy Fennel Risotto

With Wild Rice/ Onion / Brie /
White Wine / Fennel
Microgreens

Author: Carolyn, Customer
Success Team Member

Serves 2-4 | ~25 minutes

Ingredients

- 1 cup arborio rice
- $\frac{2}{3}$ cup wild rice
- 4 cups bone broth
- 2 fennel bulbs, chopped finely
- 1 cup fennel microgreens with seeds on top, chopped finely
- 1 tbsp fennel fronds, chopped finely
- 1 onion, chopped finely
- $\frac{2}{3}$ cup brie cheese
- 3.4 fl oz almond milk
- $\frac{1}{5}$ cup dry white wine
- $\frac{1}{2}$ lemon juice
- 2 tbsp olive oil
- Salt and pepper to taste



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Instructions

1. Rinse and drain both types of rice and cook according to instructions. Instead of adding water, use the bone broth for the rice. Set your rice aside once done.
2. Heat up a medium sized skillet over medium-high heat. Add in the onion and cook until translucent, stirring occasionally.
3. Add in your cut fennel bulb with the onions and drizzle your lemon juice over the top. Cook for another 5 minutes.
4. Toss your fennel fronds and fennel microgreens (with seeds attached) into the pan and stir for a minute until fragrant.
5. Add the white wine to the mixture and let cook until absorbed / evaporated.
6. Add your two rices into the mixture then add in the brie cheese and almond milk. Stir occasionally until the rice feels thick and creamy.
7. Once your creamy fennel risotto is ready, add salt and pepper to taste and top off with some extra fennel microgreens and enjoy!



Middle Eastern Style Brussels Sprouts

With Almonds / Cherries / Citrus
Vinaigrette / Carrot Microgreens

Author: Allie, Customer Success
Manager

Serves 4 | ~45 minutes

Ingredients

- 1 lb Brussels sprouts
- 1 tsp cumin seeds
- 2 tsp coriander seeds
- 2 small red onions
- 1 bulb of fennel
- olive oil
- 1 tsp sesame seeds
- ¼ cup pistachios or almonds, roughly chopped
- Fennel microgreens

Citrus Tahini Sauce

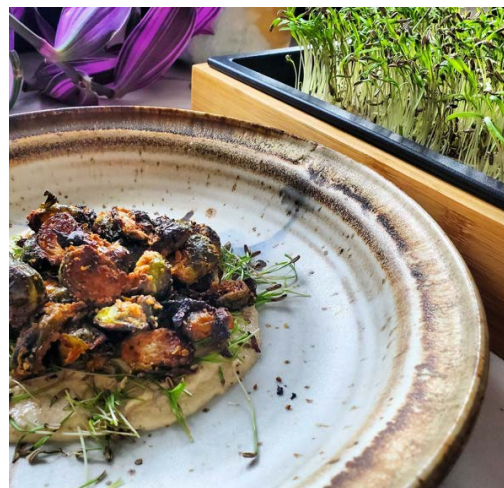
- ¾ cup Greek yogurt
- 1 heaping tbsp tahini
- 1 clove of garlic
- 1 lemon
- ½ bunch of cilantro, parsley or mint (optional)



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Instructions

1. Preheat the oven to 400°F. Bring a large pot of salted water to the boil over a medium-high heat. Wash and trim the Brussels sprouts, then add to the pot and parboil for about 3 minutes. Drain in a colander and set aside to dry.
2. Toast the cumin and coriander seeds in a small frying pan over a medium heat for about 3 minutes or until fragrant. Using a pestle and mortar or spice grinder, finely grind the toasted seeds with a pinch of sea salt.
3. Transfer most of the spice mix into a large roasting tray and add in the Brussels sprouts.
4. Peel and slice the onions, then trim and slice the fennel. Add to the roasting tray and add some olive oil to lightly coat.
5. Spread everything in an even (single) layer and cook for 20-25 minutes, until tender and starting to caramelize.
6. Meanwhile, return your frying pan to the heat and toast the sesame seeds for 3 minutes, then grind up with the remaining spices, using a pestle and mortar.
7. Make the sauce: Combine the yogurt with the tahini. Peel and crush the garlic and stir through, then finely grate in half the lemon zest and squeeze in half the juice. Taste and season well with salt and pepper then spread it evenly over the base of a large serving platter.
8. Spoon the Brussels sprout mixture on top of the sauce,, scraping up the yummy crispy bits in the pan. Sprinkle the ground nuts and seeds over the top. Toss your chopped pistachios or almonds on top.
9. Finely chop the herbs, if using, and sprinkle over the dish. Top with a bunch of fennel microgreens (whole or chopped up). Enjoy immediately.



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