



CULINARY CILANTRO COOKBOOK



HAMAMA & FRIENDS

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Fragrant Coconut Rice

with Cilantro Microgreens & Green Onion

The Ingredients

- 1.5 cups uncooked jasmine rice (brown or white), rinsed
- 1 can coconut milk (regular, not lite)
- 1 cup water (Can also use coconut water for more coconut flavor!)
- Salt to taste (about $\frac{3}{4}$ tsp)
- 1 Tbsp butter or coconut oil (optional)

Garnish Options

- Hamama Cilantro Microgreens
- Green Onions, chopped
- Shredded unsweetened coconut, toasted
- Toasted sesame seeds or slivered almonds

Serves 4-6 | Prep 10 Minutes | Cook 20 Minutes

The Instructions

- Place jasmine rice in a fine mesh sieve and rinse under cold water until water runs clean. Drain well.
- Heat coconut milk and water in a medium non-stick saucepan set over medium-high heat. Bring to a boil, season with salt to taste, add butter/oil and rice and bring to a simmer.
- Reduce heat to low, cover and simmer until water has been absorbed, about 17- 20 minutes.
- Remove from heat and let rest covered for 5-10 minutes. Uncover, fluff with a fork and serve warm.
- Garnish with Hamama Cilantro Microgreens & chopped green onions. Add toasted unsweetened coconut, sesame seeds, or slivered almonds if desired. You can also mix in fresh or dried tropical fruit, such as mango or pineapple!





Triple Citrus Mojo Dressing

The Ingredients

- ½ jalapeño, seeded (unless you love more heat!) and minced
- 1 clove garlic, minced
- ¼ cup fresh cilantro leaves, chopped
- ¼ Hamama Cilantro Seed Quilt, chopped
- juice of 1 orange
- juice of 1 lime
- juice of 1 lemon
- 2 Tbsp apple cider vinegar
- 1 tsp ground cumin
- 1 tsp kosher salt
- ¼ tsp freshly ground black pepper
- ½ large avocado
- ⅔ cup Hamama Extra Virgin Olive Oil

2 Cups of Dressing | Prep 10 Minutes

The Instructions

- Combine all ingredients except for olive oil in a blender or food processor and blend until smooth.
- With the blender running, add olive oil in a steady stream and blend until emulsified.
- Season to taste with sea salt and freshly ground pepper and transfer to a salad dressing cruet or mason jar.
- Serve on salads or use as a delicious sauce on anything from tacos & grilled meats/vegetables to roasted potatoes & pasta salad. Top with more fresh Hamama cilantro microgreens.
- Keeps several weeks in the refrigerator.





Creamy Carrot Cilantro Soup

The Ingredients

- 1 Tbsp Hamama Extra Virgin Olive Oil
- 1 bunch cilantro including roots, finely chopped
- ¼ Hamama Cilantro Seed Quilt, chopped
- 1 medium onion, chopped
- 5 large carrots, chopped roughly
- 3-4 cloves garlic, crushed
- 3 1/2 cups vegetable stock

Garnish:

- Hamama Cilantro Microgreens
- Plain Greek Yogurt or Sour cream
- Green onion, chopped

Serves 4 | Prep 5 Minutes | Cook 25 Minutes

The Instructions

- Prepare the ingredients. Chop the carrots, dice the onions, mince the garlic and chop the roots and half the leaves of the cilantro bunch. Add in a handful or 2 of harvested cilantro microgreens as well.
- Heat olive oil over medium-high heat in a large saucepan or dutch oven .
- Cook onion, garlic, cilantro roots/leaves & cilantro microgreens in a large saucepan or dutch oven.
- Add carrots and turn heat up and allow to cook for a couple of minutes. Let it get really hot, and the carrots begin to brown.
- Season with salt and pepper.
- Deglaze the saucepan with a little stock.
- Add enough stock (about 3 cups) to cover the ingredients in the pan, bring to a boil then reduce heat to medium, and cook until the carrots are tender – about 15 minutes.
- Once the carrots are soft, puree the soup in a blender (or use an immersion blender or food processor) so that it is nice and smooth. Blend with more or less stock for desired consistency.
- Check seasoning and adjust if needed.
- Garnish with greek yogurt or sour cream, green onions, and loads of fresh cilantro microgreens.





Avocado Egg Salad

The Ingredients

- 6 eggs (large)
- $\frac{3}{4}$ cup mashed avocado (about 1 $\frac{1}{2}$ avocados)
- 3 Tbsp cilantro, chopped (optional)
- 1 handful Hamama Cilantro Microgreens
- 2 Tbsp lime juice
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp salt (add more if desired)
- $\frac{1}{2}$ tsp pepper
- 1 tsp dill (optional)
- $\frac{1}{2}$ tsp garlic powder (optional)
- 1 Tbsp chopped parsley
- 3 Tbsp celery, finely chopped
- 1 Tbsp red onion, finely chopped

Serves 4 | Prep 5 Minutes | Cook 20 Minutes

The Instructions

- Boil eggs (place in pot, cover with cold water, heat until boiling, turn off heat and cover with lid, let sit 15 minutes)
- Remove eggs and place in cold water for 5 minutes, deshell, then move to separate bowl to mash
- Mash avocado in a separate bowl and add in lime juice, red onion, celery, salt, and spices
- Add avocado mixture to mashed eggs and mix together
- Add cilantro microgreens and/or cilantro on top and serve with bread or a wrap



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Ceviche with Shrimp

and Cilantro Microgreens

The Ingredients

- 1 pound shrimp (cooked, peeled, and deveined)
- ¼ cup lime juice
- ¼ cup lemon juice
- ¼ cup red onion, diced
- 2 Roma tomatoes, diced
- 1 diced avocado
- ¼ cup green onions (optional)
- ¼ cup white onions, diced (optional)
- ¼ cup jalapeño, diced (optional)
- 1 handful Hamama Cilantro Microgreens
- ¼ cup cilantro, chopped (optional)
- Pinch of salt and pepper

Serves 4 | Prep 10 Minutes | Marinate 30 Minutes

The Instructions

- Chop shrimp into pieces (about ¼ inch) and place them into a bowl.
- Add in lemon and lime juice, cover, and marinate for about 30 minutes.
- Stir in remaining ingredients, mix, and season with salt and pepper.
- Serve with your favorite chips (best if served chilled).





Cilantro Lime Salmon

The Ingredients

- 2 Tbsp Hamama Olive Oil
- 2 Tbsp honey
- Juice of 1 lime
- 1 pound Alaskan Salmon
- 1/4 Hamama Cilantro Seed Quilt
- Salt and pepper

Serve with a side of rice (like our Fragrant Coconut Rice!) or fresh vegetables!

Serves 2 | Prep 5 Minutes | Cook 10 Minutes

The Instructions

- Mix olive oil, honey, lime juice, salt and pepper, and 1/8 section of freshly harvested cilantro microgreens into a bag or container to marinate the salmon.
- Cut salmon into two or three sections, let marinate for 20-30 minutes.
- Place on rack in an air fryer for 10 minutes at 400 degrees.
- Remove immediately and serve with rice and veggies.
- Garnish with more Hamama Cilantro microgreens and some additional juice.





Cilantro Pesto Pasta

The Ingredients

- 16 oz penne pasta (or pasta of choice)
- Drizzle of Hamama Extra Virgin Olive Oil
- ¼ cup dry white wine
- ½-1 pound scallops
- 2 garlic cloves, minced
- 1 medium Vidalia onion, chopped
- Hamama Cilantro Microgreens and cilantro for garnish

Cilantro Pesto:

- 2 cups Hamama Cilantro Microgreens
- 1 cup cilantro
- ¼ cup pine nuts
- ¼ cup Hamama Extra Virgin Olive Oil
- 1 Tbsp lemon juice
- 1 tsp lemon zest
- 2 garlic cloves
- ¼ cup Parmesan cheese
- Salt and pepper to taste

Serves 4-6 | Prep 10 Minutes | Cook 30 Minutes

The Instructions

- Bring a medium pot of water to a boil. Add pasta and let cook until soft. Strain once ready and set aside.
- Gather ingredients for the Cilantro Pesto and place in food processor. If you would like, you can toast your pine nuts to give them a nuttier flavor for the pesto, or you can leave them as is. Blend until smooth and creamy. Set aside once ready.
- Heat a large skillet on medium heat and add olive oil. Add onion and saute until soft.
- Next, add in garlic and stir often until fragrant. Add white wine. Mix to combine well.
- Add in your scallops next and cook until a little brown on each side, about 5 minutes per side.
- Once all is set with the garlic, onions, and scallops, add in your pasta and cilantro pesto. Mix to combine well and cook until fragrant. Turn up the heat to medium-high and cook a few extra minutes to add some crunchy edges to your pasta.
- Once ready, plate and serve with fresh Cilantro Microgreens and regular Cilantro.





Cream Cheese Stuffed Poblano Peppers

with Cilantro Cream Sauce

The Ingredients

- 4 poblano peppers
- Drizzle of Hamama Extra Virgin Olive Oil
- 8 oz cream cheese
- 4 oz Monterey Jack cheese, shredded
- 1 tsp garlic powder
- ½ Tbsp cumin powder
- 1 Tbsp chili powder
- Salt and pepper to taste
- 1 lime, juiced
- Hamama Cilantro Microgreens for garnish

Sauce

- 1 bunch of cilantro
- 1 handful of Hamama Cilantro Microgreens
- 4 cloves of garlic
- 2 jalapenos, deseeded
- ½ cup yogurt
- ½ cup lime juice
- 1 tsp cumin powder
- 1 Tbsp vinegar
- ½ cup Hamama Extra Virgin Olive Oil
- Salt and pepper to taste

Serves 4 | Prep 25 Minutes | Cook 30 Minutes

The Instructions

- Preheat oven to 400.
- Take 4 poblano peppers and make a slit in each. Clean out the inside seeds and set them aside.
- Add cream cheese, Monterey jack, garlic powder, cumin, chili powder, salt, pepper, and lime juice to a bowl. Mix to combine until smooth and creamy.
- Add the filling to each poblano pepper.
- Once the oven and peppers are ready, bake for 20-30 minutes or until browned on top.
- For the Cilantro Sauce: Add all ingredients to a blender and blend until smooth and creamy.
- Once all is done, get out your plate, add a stuffed poblano pepper and a side of cilantro sauce.





Detox Cilantro Smoothie

The Ingredients

- ⅓ of a cilantro microgreen Seed Quilt
- ½ bunch of cilantro (stem and all)
- ½ cup frozen mango
- 2 celery ribs
- 1 cup spinach
- 1-inch piece of ginger root
- 1-inch piece turmeric root
- 1-2 cups of coconut water or water (start with less)

Serves 1-2 | Prep 5 Minutes

The Instructions

- Take out all of your ingredients and add to your blender.
- Blend until smooth.
- Serve in a glass and enjoy!



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