



HAMAMA RECIPES

Dill Microgreens

By Team Hamama

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Parsley-Dill Pesto

With Walnuts / Pumpkin Seeds / Nutritional Yeast / Lemon / Garlic / Fresh Dill Microgreens

~10 min | 6 Servings

Ingredients

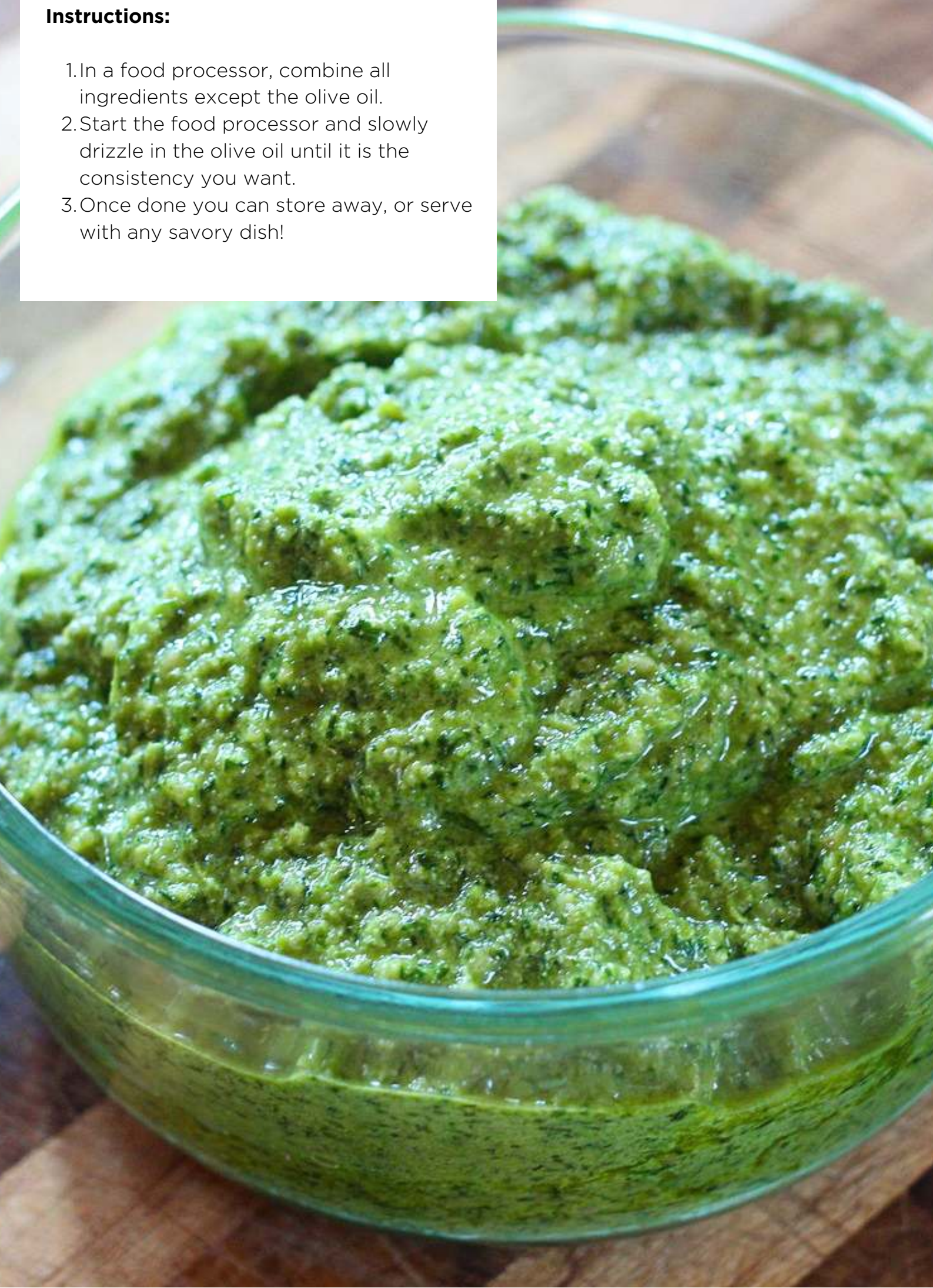
- 1 cup fresh parsley, chopped
- ½ cup fresh dill, chopped
- ½ cup fresh dill microgreens
- ½ cup raw walnuts
- ½ cup raw pumpkin seeds
- 2 tbsp nutritional yeast
- 2 tbsp lemon juice
- 2 cloves garlic, chopped
- ½ tsp salt
- 1 to 3 tbsp olive oil



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Instructions:

1. In a food processor, combine all ingredients except the olive oil.
2. Start the food processor and slowly drizzle in the olive oil until it is the consistency you want.
3. Once done you can store away, or serve with any savory dish!



Ciabatta Bread Pizza

With Parsley-Dill Pesto / Garlic
/ Onion / Spinach / Mozzarella
/ Fresh Dill Microgreens

~20 min | Serves 2-4

Ingredients

- 1 loaf ciabatta bread, cut in half
- 1 cup parsley-dill pesto
- ½ small onion, thinly sliced
- 1 garlic clove, thinly sliced
- Handful of spinach leaves
- 8 oz ciliegine mozzarella, broken into pieces
- Salt & Pepper to taste

Garnish:

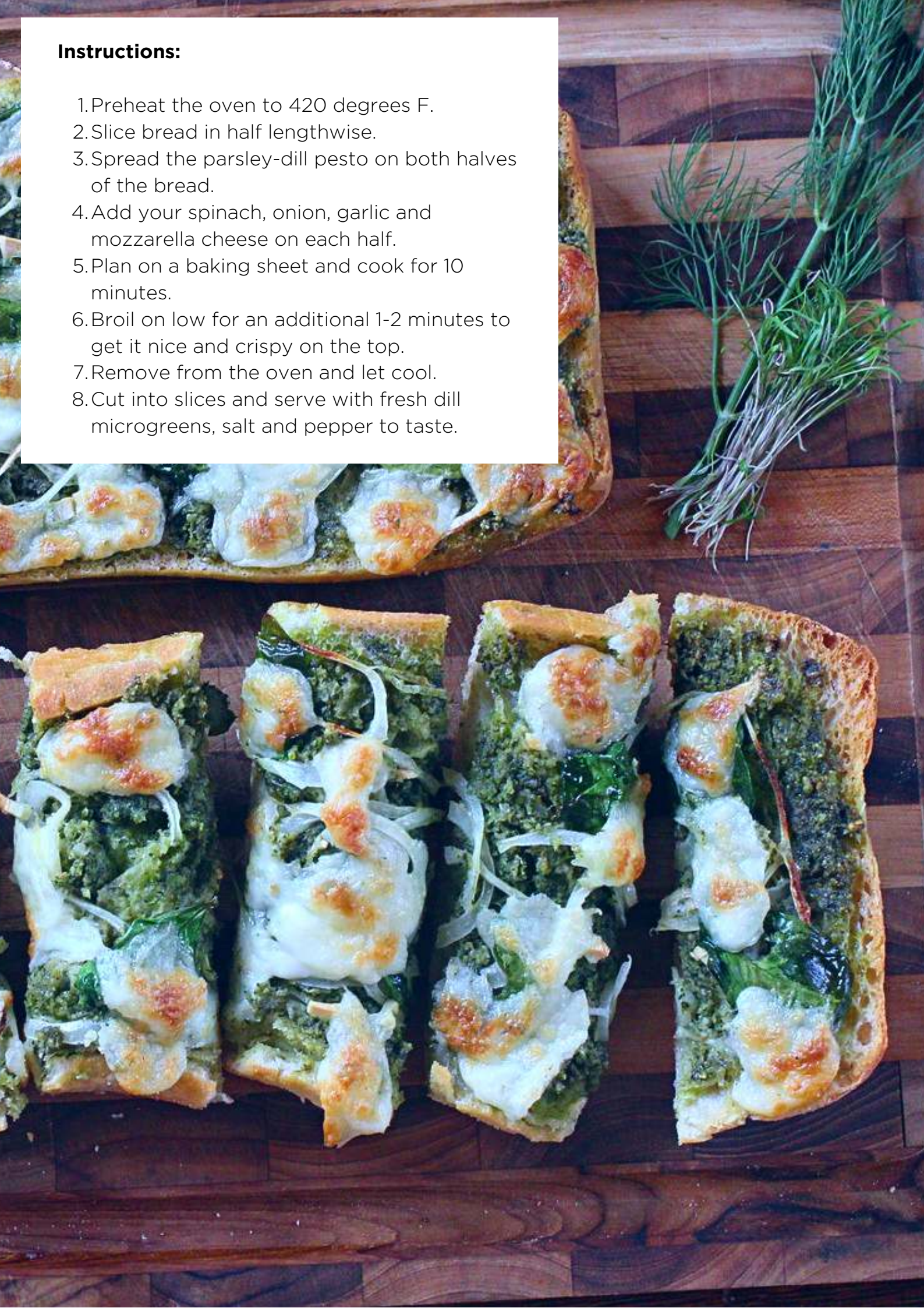
- Fresh Dill Microgreens



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Instructions:

1. Preheat the oven to 420 degrees F.
2. Slice bread in half lengthwise.
3. Spread the parsley-dill pesto on both halves of the bread.
4. Add your spinach, onion, garlic and mozzarella cheese on each half.
5. Place on a baking sheet and cook for 10 minutes.
6. Broil on low for an additional 1-2 minutes to get it nice and crispy on the top.
7. Remove from the oven and let cool.
8. Cut into slices and serve with fresh dill microgreens, salt and pepper to taste.



Smoked Salmon, Potato & Quail Egg Salad

With Capers / Green Onion / Dill /
Dijon Mustard & White Wine
Vinegar Dressing

~30 min | Serves 4

Ingredients

- 1 lb fingerling potatoes, cut in half
- 12 quail eggs, boiled, peeled and cut in half
- 8 oz smoked salmon
- 1 tsp dijon mustard
- 5 tsp white wine vinegar
- 4 tbsp olive oil
- 1 tbsp extra virgin olive oil
- 1 tbsp capers in brine, drained
- ½ bunch green onions, thinly sliced diagonally
- 1 small bunch dill, chopped
- ¼ cup fresh dill microgreens
- Salt & pepper to taste



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Instructions:

1. Bring a pot of water to boil and add the potatoes. Boil for 12-15 minutes until tender, then drain.
2. Meanwhile, whisk the mustard and vinegar in a bowl. Pour half of the dressing over the cooked potatoes and toss with the capers, onions and half of the dill and dill microgreens. Place in the fridge.
3. Place the eggs in boiling water and cook for 2 ½ minutes. Drain, transfer to a bowl of cold water, then peel.
4. To serve, add the remainder of the dill and dill microgreens to the potatoes along with the remaining dressing. Cut the peeled eggs in half. Divide the fish among serving plates, top with potatoes and egg halves. Season with salt and pepper as needed.



Creamy Avocado Dill Dressing

With Olive Oil / Lemon Juice /
Garlic / Cracked Black Pepper /
Fresh Dill Microgreens

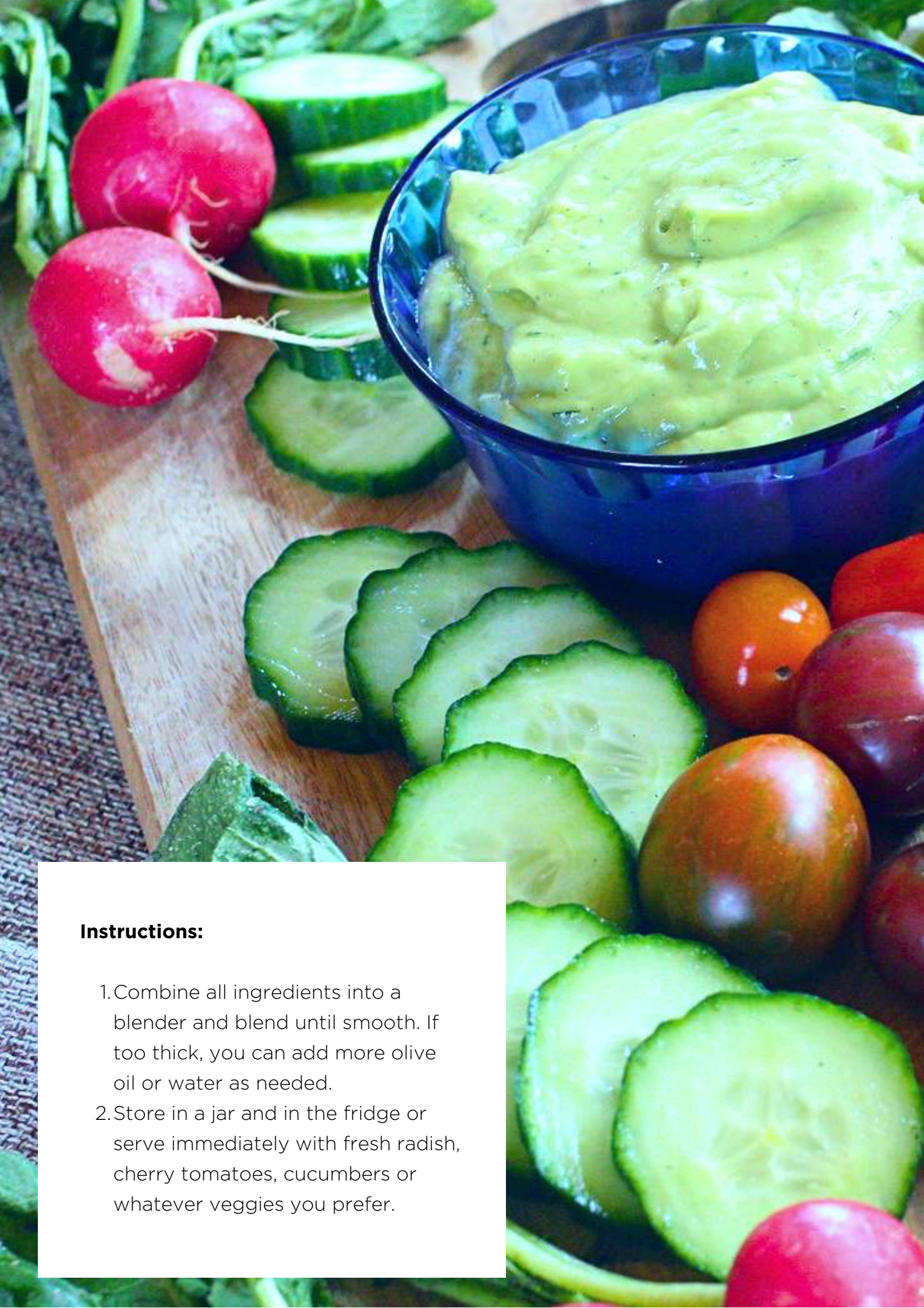
~5 minutes | 4-6 Servings

Ingredients

- 1 ripe avocado, pitted and peeled
- ¼ cup extra virgin olive oil
- ¾ cup water
- 1-2 tbsp lemon juice
- 1 tbsp fresh dill
- 1 tbsp fresh dill microgreens
- ½ garlic clove
- ½ tsp salt and pepper



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Instructions:

1. Combine all ingredients into a blender and blend until smooth. If too thick, you can add more olive oil or water as needed.
2. Store in a jar and in the fridge or serve immediately with fresh radish, cherry tomatoes, cucumbers or whatever veggies you prefer.



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For more microgreen varieties, grow kits, and inspiration, visit us at hamama.com