



HAMAMA RECIPES

## Garden Cress Microgreens

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**By Team Hamama**

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# Smoked Salmon Breakfast Bowl

With Eggs / Brown Rice / Red Potatoes / Spinach / Cress Microgreens

Author: Carolyn, Customer Happiness Team Member

Serves 2 | 1.5 hrs

## Ingredients

- 8 oz smoked salmon
- 1 cup brown rice
- 5 small red potatoes, quartered
- ½ cup baby bella mushrooms, sliced
- 2 cups fresh baby spinach leaves, chopped
- 1 cup garden cress microgreens
- 1 cup fresh parsley, chopped
- 1-2 eggs, boiled
- Olive oil
- Salt
- Pepper

For the sauce:

- 2 tbsp vegan mayo
- 1 tsp lemon juice
- ⅛ tsp smoked paprika



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# Instructions

1. Preheat oven to 425. Prepare your brown rice per package directions (should take about 45 minutes).
2. While the rice is cooking, cut your potatoes and add to a baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Stir until combined and separate nicely. Place them in the oven & cook for ~30 minutes.
3. While both the rice and the potatoes are cooking, place mushroom slices in a medium skillet with a little olive oil over medium heat and cook on both sides until a bit crispy. Set aside.
4. Bring a pot of water to boil and gently drop your egg(s) into the water. Bring the water down to a simmer on medium heat and cook for ~6 minutes. Next, strain the water and place the eggs into a bowl of ice water to shock them and cool quickly. After they have cooled, peel the eggs and set aside.
5. When your rice and potatoes are done, set those aside to cool.
6. Make your creamy sauce: Mix mayo, smoked paprika and lemon juice in a bowl until well combined.
7. Assemble each item into a bowl, topping it off with smoked salmon and garden cress microgreens. Add salt and pepper to taste and enjoy!



# Garden Cress Tonic

With Celery / Cucumber /  
Lemon / Ginger / Pineapple /  
Garden Cress Microgreens

Author: Allie, Customer  
Happiness Manager

Serves 2 | ~10 minutes

## Ingredients

- 3 celery ribs
- 1 Granny Smith apple
- 1 English cucumber
- ½ Garden Cress Seed Quilt
- 1-inch piece fresh ginger, peeled (more or less to taste)
- 2 lemons, peeled (or more to taste)
- A few chunks of pineapple (Optional, for sweetness)
- Spinach / Kale / Wheatgrass / Cilantro / Parsley (Optional add-ins)



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# Instructions

1. Cut the celery, apple, and cucumber into pieces that will fit in the mouth of a juicer.
  2. Set aside a few sprigs of cress for a garnish, if you like, and run the remaining cress, celery, apple, cucumber, lemon, ginger and pineapple, if using, through the juicer into a pitcher.
  3. Serve garnished with the cress sprigs and enjoy immediately.
- If you don't have a juicer, you can make this with a high-speed blender! You'll want to peel and dice up the ingredients except for the lemon (instead, use 1-2 tbsp freshly squeezed lemon juice). Just blend and strain. Add water to thin, if needed/desired.



# Brie & Crisp Prosciutto Sandwich

With Ciabatta / Asparagus / Garden Cress Microgreens

Author: Carolyn, Customer Happiness Team Member

Serves 1-2 | ~30 minutes

## Ingredients

- 4-6 asparagus spears, ends trimmed
- 4 pieces of prosciutto
- 4-6 slices of brie, for both halves of the bread
- 1 loaf ciabatta bread, cut to your liking

Garnish:

- Hamama Garden Cress microgreens
- Sauce of any kind to add to it or dip in



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# Instructions

1. Preheat the oven to 425. Cut your bread into two halves. Drizzle with olive oil and place on a baking pan.
2. Place asparagus spears on the pan with the bread, drizzle with olive oil, salt and pepper and place in the oven.
3. Let the asparagus cook for 10 minutes or until texture is to your liking (I like to keep them crisp to add some crunch to the sandwich). Take out of the oven when ready and let cool.
4. Add your slices of brie on each bread half and put back in the oven to cook until melted and until the bread is nice and crispy.
5. While your bread is finishing up in the oven, heat a small skillet on medium-high heat. Add your prosciutto and let it cook on both sides for 5 minutes until it crisps up (almost like bacon). Set aside.
6. When your bread is done, remove from oven and set aside.
7. Assemble your sandwich with the prosciutto, asparagus and garden cress microgreens.
8. Use any sauce you like to dip in or add in between the layers. Slice in half or eat whole and enjoy!



# Chili-Marinated Tempeh

With Mixed Greens / Avocado /  
Grapefruit / Nuts / Garden Cress  
Microgreens

Author: Allie, Customer  
Happiness Manager

Serves 2 | ~15 minutes



## Ingredients

- 1 8oz block tempeh, marinated & cut into bite-sized cubes
- 2-3 tbsp extra-virgin olive oil
- 1 grapefruit, peeled and cut into segments
- 1 avocado, cut into sections or chunks
- Toasted almonds or pecans, chopped
- 2 tbsp hemp hearts
- 2 cups mixed greens, such as baby kale, spinach, or arugula
- Handful of Hamama Garden Cress microgreens
- Handful of fresh cilantro
- Sea salt and black pepper

### Tempeh Marinade:

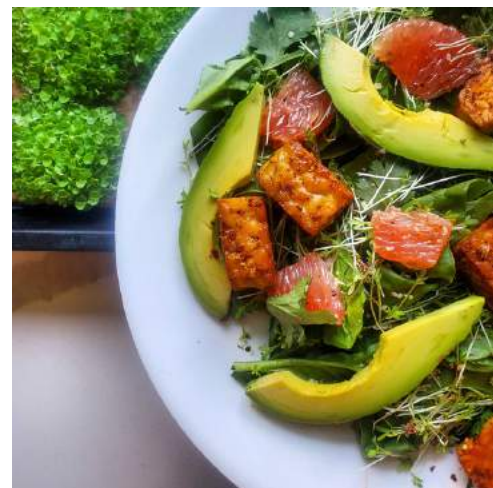
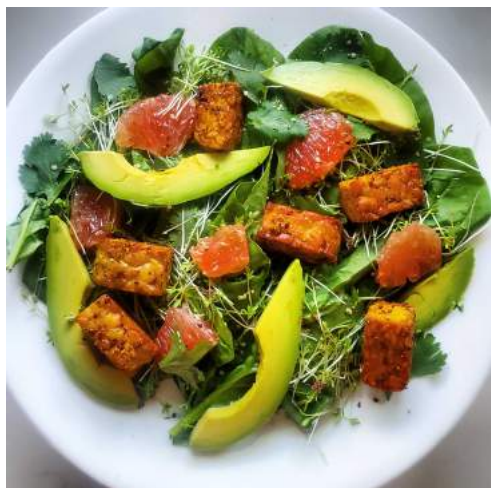
- 3 tbsp soy sauce or tamari
- 1 tbsp apple cider vinegar
- 2 tbsp maple syrup
- 1 garlic clove, minced
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ¼ tsp cayenne pepper
- ½ tsp chipotle powder
- Freshly cracked black pepper

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# Instructions

1. Stir the marinade ingredients together in a small bowl or container with a lid.
2. Cut the tempeh into pieces & place in the marinade bowl and stir to coat all of the pieces well.
3. Allow the tempeh to marinate, covered in the refrigerator, for at least 30 minutes and up to 24 hours.
4. When finished marinating, coat the bottom of a medium nonstick skillet with 1-2 tbsp of olive oil (enough to coat the pan well) and place it over medium heat.
5. When the oil is hot, add the tempeh pieces in an even layer. Cook the tempeh for about 10 minutes, flipping the pieces about halfway through, until the pieces are lightly browned. You can also drizzle the pieces with any leftover marinade while they cook! Remove from the pan and set aside.
6. Assemble the salad: Combine the tempeh, grapefruit segments, and avocado in a large bowl. Add  $\frac{1}{2}$  tbsp olive oil, season with salt & pepper, and gently fold together. Gently mix in your greens, microgreens & cilantro. Garnish with hemp hearts and toasted nuts.
7. Drizzle with vinaigrette or salad dressing of choice and enjoy immediately!





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**CRESS**

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Peel: 4-5  
Harvest: