



GARLIC GREENS COOKBOOK



Garlic Greens Sesame Beef

*with Ginger Coconut Rice
& Blistered Shoshito Peppers*



The Ingredients

- 1 Tbsp sesame oil
- 1 pound ground beef
- 1 bell pepper, julienned
- 3-4 Tbsp garlic greens, cut diagonally (cut these as big or small as you'd like)
- 1/4 cup brown sugar or coconut sugar
- 1/3 cup low sodium Tamari or Soy Sauce
- 1 tsp fresh ginger, minced
- 1/2 - 1 tsp crushed red pepper or sriracha depending on how spicy you like it
- salt and pepper to taste

Garnish

- 1/2 cup sliced green onions - be sure to plant your ends in your Hamama Green Onion Kit!
- 1/2 cup fresh cilantro or Hamama cilantro microgreens
- Roasted sesame seeds

Sides

- Ginger - Coconut Jasmine Rice
- Blistered Shishito Peppers
- Broccoli

Serves 4 | Prep 10 Minutes | Cook 15 Minutes

The Instructions

- Heat a large skillet over medium heat. Heat the garlic greens in coconut or olive oil until fragrant, stirring often. Add the bell pepper slices and cook until tender. Place the mixture in a small bowl and set aside.
- Brown the ground beef in the sesame oil in the same pan. Drain excess fat if desired, then add the reserved garlic greens and bell pepper, brown sugar, soy sauce, ginger, salt and pepper and red pepper flakes. Drizzle in a touch more sesame oil to taste. Simmer for a few minutes to blend the flavors.
- Serve with steamed rice and shoshito peppers and garnish with green onions, cilantro/cilantro microgreens and sriracha (if you want more heat!). Enjoy!





Double Garlic Hummus

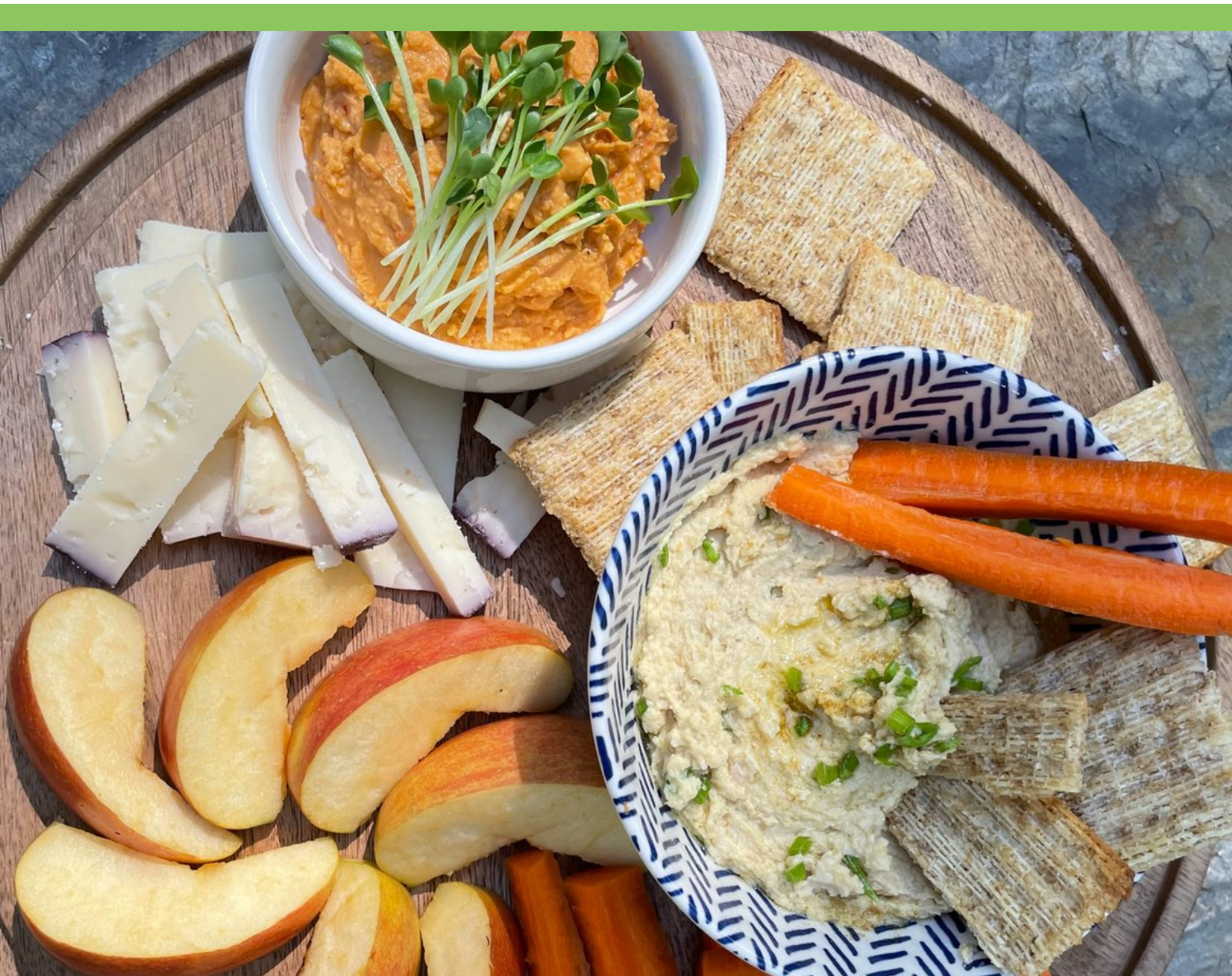
The Ingredients

- 1 15oz can of Garbanzo beans
- 1/3 cup Tahini
- 1 clove garlic
- 1/4 tsp cumin
- 1/4 tsp salt
- 1/2 lime, juiced
- Hamama Extra Virgin Olive Oil
- 5 Tbsp Hamama Garlic Greens, chopped

Serves 4 | Prep 5 Minutes | Cook 5 Minutes

The Instructions

- Place Tahini, garlic, and 1/8 cup olive oil into food processor, blend for 1-2 minutes until smooth.
- Add in Garbanzo beans, cumin, salt, lime juice, garlic greens, and another 1/8 cup olive oil, blend for 1-2 minutes until smooth.
- Blend in 1 Tbsp of water (or Garbanzo bean juice) at a time, until it reaches the consistency of hummus.
- Garnish with additional garlic greens, an olive oil drizzle, and a dash of cumin.
- Serve alongside your favorite veggies and crackers, or spread onto a sandwich!





Garlic Greens Chimichurri Sauce

with Chilean Sea Bass over Rice

The Ingredients

- 1-2 Chilean Sea Bass fillets
- 2 Tbsp Hamama Extra Virgin Olive Oil
- ¼ cup vegan butter, or regular butter
- 1 tsp salt and pepper
- Basmati rice
- Garlic greens and cilantro microgreens for garnish

Chimichurri:

- 8-10 garlic scapes, chopped
- 1 jalapeno, deseeded, use half if you don't want it too hot
- ½ cup fresh cilantro, chopped
- ½ cup fresh parsley, chopped
- ½ cup fresh oregano, chopped
- 2 Tbsp red wine vinegar
- 3 Tbsp Hamama Extra Virgin Olive Oil
- ½ tsp cumin seeds
- ½ tsp salt
- ½ tsp pepper

Serves 2 | Prep 15 Minutes | Cook 30 Minutes

The Instructions

Start with the Chimichurri:

- Toast the cumin seeds in a dry pan for about a minute, stirring until fragrant. Set aside once done.
- Take the cumin seeds, fresh oregano, parsley, cilantro, vinegar, oil, salt and pepper to your food processor and blend until smooth.
- Set aside at room temperature until you are ready to use.

For the rest of the dish:

- Prepare your rice. (follow directions on the box)
- While your rice cooks, put the broiler on low. In a cast iron skillet, add olive oil and on medium-high heat, cook your fish for 5 minutes on both sides.
- When your fish is done cooking on the stove, add your vegan butter, salt and pepper to the top of the fish and place your fish, skillet and all in the oven for another 5 minutes, until lightly browned on top.
- Lastly, when all is ready, add your rice to a plate first, then your fish and top with your garlic greens chimichurri.
- Garnish with cilantro microgreens, extra garlic greens and enjoy!





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