



HAMAMA RECIPES

Bold Basil Microgreens

By Team Hamama

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Green Goddess Salad

With Cucumber / Peas / Kale / Basil Microgreens

Author: Carolyn, Customer Happiness Team Member

Serves 2-4 | 25 min

Ingredients

Salad:

- 2 english cucumbers, chopped and thinly sliced
- 4 dino kale leaves, chopped
- 1 cup frozen peas + ¼ cup water for cooking
- 3 green onions, chopped
- ½ cup basil microgreens
- 1 tbsp sesame seeds (optional)

Dressing:

- ½ cup raw cashews, +1 cup of water for boiling
- ¼ cup basil microgreens
- ¼ cup fresh basil leaves
- 1 large garlic clove
- 2 tbsp nutritional yeast
- 1 tbsp lemon juice
- 1 tbsp miso paste
- ¼ tsp salt



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Instructions

1. Place your cashews in a bowl. Boil your water, and then add over top of your cashews and cover with a plate for 20 minutes or until softened.
2. While your cashews soften, cook your peas until soft and colorful, around 5 minutes. Strain the peas and let cool.
3. While the peas cool, cut your vegetables. I like to cut the cucumber in two different ways to make it more fun and enjoyable texture-wise. I took my peeler and peeled the cucumber to make thin ribbons and then wrapped those up into the bowl. For the rest, I cut the cucumber into thin slices.
4. Add all of your vegetables to a bowl once ready.
5. When your cashews are done, add your dressing ingredients to your blender and blend until smooth and creamy.
6. Add your dressing on top of your salad, garnish with your basil microgreens and enjoy this amazing healthy salad!



Basil

Vinaigrette

With Lemon / Garlic / Dijon /
Honey / Basil Microgreens

Author: Allie, Customer
Happiness Manager

Serves 4-6 | ~5 minutes

Ingredients

- ¼ cup good-quality olive oil
- 2 tbsp fresh lemon juice
- ½ inch piece of lemon peel (no pith)
- 1 tsp apple cider vinegar
- 1 garlic clove
- ½ tsp dijon mustard
- ½ tsp pure maple syrup or honey
- Pinch of sea salt & freshly cracked pepper
- 1 cup fresh basil or basil microgreens (or a mixture of the 2)



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Instructions

1. Blend the dressing ingredients in a blender until smooth and creamy. Add a dash of water if needed to thin it out to your liking.
2. Drizzle over salads, quinoa salads, pasta salads, roasted veggies or proteins. Enjoy! !



Gourmet Grilled Cheese

With Tomato / Dijon / Gruyère
Cheese / Basil Microgreens

Author: Allie, Customer
Happiness Manager

Serves 1 | ~10 minutes

Ingredients

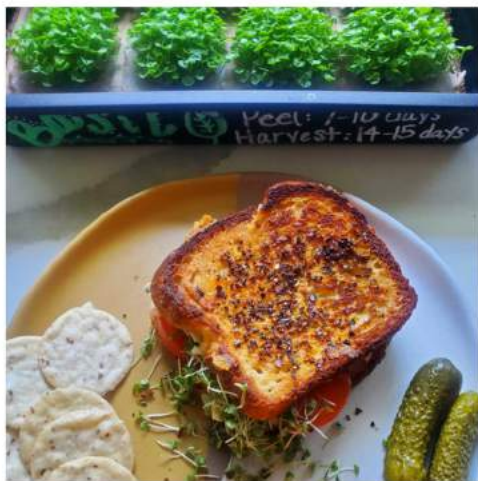
- 2 slices rye bread, or your favorite bread
- 1 tbsp salted butter
- 1 tbsp Dijon mustard
- 3-4 slices sharp cheddar cheese & Gruyère cheese, or your favorite cheese
- 1 ripened tomato on the vine
- 1 large handful basil microgreens
- Garlic/herb seasoning
- Salt and pepper, to taste
- Lemon & Microgreen Basil Vinaigrette, for dipping (optional)



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Instructions

1. Butter each piece of bread on one side.
2. Place one slice, butter side down, in a cast-iron pan or skillet. Spread the Dijon mustard on top.
3. Layer on the cheese, tomatoes, microgreens and salt/pepper next. Top that with the other buttered slice of bread, butter side out. Cook over medium-high heat, pressing the sandwich down with your spatula for more of a panini-style sandwich.
4. When the bottom is perfectly golden-brown, flip it over & season with your garlic/herb seasoning, if using. Press the sandwich down into the pan again.



Herby Zucchini Pasta

With Pistachio Pesto / Parmesan
Cheese / Basil Microgreens

Author: Carolyn, Customer
Happiness Team Member

Serves 2-4 | ~15 minutes

Ingredients

- 4 large zucchini, spiralized
- Pistachio pesto

Garnish:

- Basil microgreens
- Pistachios, roasted and salted
- Fresh basil leaves
- Parmesan cheese
- Salt and pepper to taste



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Instructions

1. Spiralize your zucchini into noodles (the zucchini noodles do tend to cook down, so if 4 zucchinis are not enough, you can always do more).
2. Prepare your pistachio pesto in advance to have ready for your noodles. .
3. Add your zucchini noodles into a medium sized skillet with a little olive oil over medium-high heat and cook for 5 minutes or until tender.
4. When the “zoodles” are ready, add in your pistachio pesto. I add in about a half a cup, but add enough to your liking. Stir to combine and let cook for another minute or two.
5. When your pasta is ready, let cool and add to your plate. Top off with parmesan cheese, extra basil microgreens, fresh basil leaves, more pistachios and salt and pepper to taste.



Herbaceous Pesto

With Pistachios / Garlic /
Parmesan / Basil Microgreens

Author: Carolyn, Customer
Happiness Team Member

Makes 2 cups | ~5 minutes

Ingredients

- 1 cup roasted and salted pistachios, shelled
- ¼ cup fresh basil leaves
- ¼ cup basil microgreens
- ½ cup parmesan cheese, grated
- 4 garlic cloves, peeled
- ½ cup or ¾ cup olive oil, or until the pesto is the consistency you like
- Salt to taste



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Instructions

1. Add all of your ingredients into your food processor.
2. Slowly add in your olive oil while the blender is on and blend until smooth or to the consistency you like.
3. Taste test your pesto & add salt if needed.
4. Once your pesto is ready, enjoy!
5. You can add this pesto to any dish or our lovely Pistachio Pesto Zucchini Pasta! And if you aren't using it right away, you can store it in your fridge for up to a week in your fridge or you can freeze it too!



Southwest Orzo Salad

With Sweet Potato / Black Beans / Scallion / Cilantro / Basil Microgreens

Author: Allie, Customer Happiness Team Manager

Serves 6-8 | ~25 minutes



Ingredients

- 3-4 sweet potatoes, diced
- 3 ½ cups Orzo (I used a gluten free variety) or Israeli couscous, prepared according to package directions
- 1 can black beans, rinsed
- 1 bunch green onion, chopped
- ½ bunch cilantro, roughly chopped
- Avocado, for serving
- Basil Microgreens, for serving

Dressing:

- ¾ cup olive oil
- 1 - 11.5 oz can of tomato juice
- ½ cup balsamic vinegar (or a bit more to taste)
- ¼ cup brown sugar
- 1 tbsp maple syrup or honey
- 3 ½ tsp chipotle powder
- 1 clove of garlic, crushed
- 1 tsp smoked paprika
- ¼ tsp cayenne pepper, optional
- Salt & pepper to taste

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Instructions

1. Preheat the oven to 400° F. Dice (and peel, if desired) your sweet potatoes and add to a large bowl. Drizzle with olive oil and season with salt & pepper. I like to sprinkle on some smoked paprika and garlic powder too! Mix and place on a large sheet pan lined with parchment paper. Bake for about 15-20 minutes or until tender and golden brown, stirring/flipping halfway through. Set aside to cool once ready.
2. While the sweet potatoes are cooking, prepare your orzo or couscous according to package directions (al dente is best for this!) and set aside to cool.
3. In a large mixing bowl, combine the orzo/couscous, sweet potatoes & black beans.
4. Combine dressing ingredients and pour about $\frac{2}{3}$ of it over the salad ingredients. Stir and allow the ingredients to absorb the dressing for a bit and add more dressing as needed after. Taste for seasoning and adjust if needed. Right before serving, stir the salad again and add in your green onions, cilantro, and basil microgreens. Serve room temp or chilled & enjoy!
5. This can be stored in your refrigerator for about 5 days.



Basil Cream Sauce

With Shallot / Garlic / Pine Nuts
/ Coconut Cream / Basil
Microgreens

Author: Carolyn, Customer
Happiness Team Member

Serves 6 | ~5 minutes

Ingredients

- 1 cup fresh basil leaves
- 1 cup basil microgreens
- 1 shallot, chopped
- 4 garlic cloves, chopped
- ¼ cup pine nuts
- 1 cup coconut cream, or heavy cream
- 1 tsp red pepper flakes
- 1 tbsp lemon juice
- 1 tsp salt and pepper
- 2 tbsp olive oil, or to your consistency



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Instructions

1. Place all of your ingredients in a blender.
2. Blend until smooth or to you desired consistency, adding in more olive oil or cream if needed.
3. Enjoy with any meal!





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