



HAMAMA RECIPES

Peppery Arugula

By Team Hamama

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Clams & Linguine

With Butter / White Wine / Thyme /
Caramelized Onion / Peppery Arugula
Microgreens

Author: Carolyn, Marketing Administrator



Ingredients

- $\frac{2}{3}$ cup white wine
- $\frac{1}{2}$ cup butter / vegan butter
- 1 medium onion, chopped
- 1 tbsp maple syrup
- 4 garlic cloves, minced
- Linguine pasta
- $\frac{1}{2}$ lb fresh clams
- Arugula Microgreens
- Salt and pepper to taste

Serves 2-4 | ~50 minutes

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Instructions

1. Bring water to a boil in a medium-sized pot and cook your pasta according to package instructions. When your pasta is ready, drain & set aside.
2. Add ¼ cup of butter to a medium-sized pan and saute the onions on low heat for about 20 minutes or until caramelized, stirring occasionally.
3. Add the minced garlic to the pan and cook until fragrant, stirring frequently. Remove mixture from pan and set aside.
4. Add the remaining ¼ cup of butter and the clams to the pan on medium-high heat. Mix in the white wine, thyme and the caramelized onions until combined.
5. Cover the pan with a lid and cook for about 8-10 minutes, until the clams open up.
6. Add the cooked pasta to the pan, stir to combine and let everything cook together for another 5 minutes.
7. Turn off the heat, add salt and pepper to taste and garnish each serving with a handful of Peppery Arugula Microgreens.





Peppery Arugula Microgreen Salad

With Cucumber / Mint / Feta

Author: Allie, Customer Happiness Manager

Ingredients

- 1 cucumber, thinly sliced into ribbons
- ½ cup feta cheese, crumbled
- 10-15 fresh mint leaves
- 1 ½ cups fresh arugula
- ½ of a Peppery Arugula Seed Quilt

Dressing:

- 1 tbsp honey
- 3 tbsp lemon juice
- 6 tbsp olive oil
- Pinch of sea salt
- Pinch of freshly cracked pepper

Serves 2 | ~10 minutes

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Instructions

1. Make the dressing: Add all ingredients for the dressing into a bowl and whisk to mix everything well. Set aside.
2. Add your fresh arugula to a large salad bowl.
3. Use a peeler to shave the cucumber into long ribbons/strips. Pat dry with a paper towel then add the cucumber on top of the arugula.
4. Crumble the feta cheese on top of the cucumber.
5. Either cut/chop the fresh mint leaves or leave them whole and add them to the salad.
6. Finish with your arugula microgreens.
7. Lightly dress the salad and serve immediately.



Turkish Poached Eggs

With Garlic-Chili Yogurt / Lavash / Peppery Arugula Microgreens

Author: Allie, Customer Happiness Manager



Ingredients

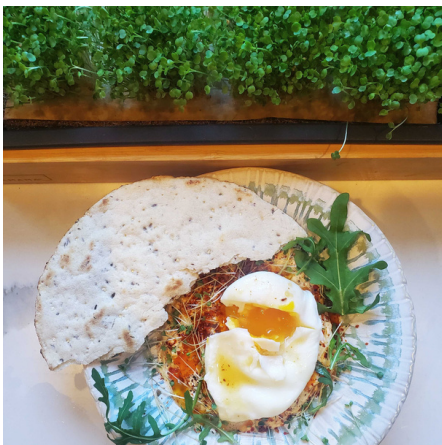
- 1 cup plain Greek yogurt
- 1 small clove garlic, finely grated
- 1 tbsp Chili-Onion Crunch
- Sea salt and Pepper, to taste
- 2 tbsp butter
- ½ tsp smoked paprika
- Red pepper flakes, to taste
- 2-4 large eggs (depending on how many eggs each person wants!)
- Handful of Peppery Arugula Microgreens
- Green Onions, for garnish
- Lavash, Pita or your favorite toasty bread for serving

Serves 2 | ~10 minutes

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Instructions

1. Combine the Greek yogurt, chili-onion crunch & minced garlic in a small bowl. Season with salt and pepper.
2. Fill a large saucepan with about 4 inches water; bring to a boil.
3. Once the water is boiling, reduce heat to a simmer. Use a wooden spoon to stir the water to create a vortex.
4. Break 1 egg into a cup and slowly slide into the swirling water. Cook until whites are set but yolks are still soft, about 2 ½ - 3 minutes. Repeat with remaining eggs.
5. With a slotted spoon, transfer the eggs to a paper towel-lined plate.
6. Brown the butter in a small saucepan (cook on medium heat, stirring constantly, until nutty and golden brown with foam forming on top). Stir in a small pinch of salt and the paprika and red pepper flakes (or cayenne); remove from heat.
7. Divide the yogurt mixture between 2 plates. Top each plate with 1-2 poached eggs and drizzle with the warmed, seasoned browned butter. Garnish with pepper, green onion & peppery arugula microgreens. Serve with warm lavash or pita bread.



Korean-Style Tacos

With Short Ribs / Cabbage Slaw / Peppery Arugula Microgreens

Author: Allie, Customer Happiness Manager



Ingredients

- 3 pounds boneless short ribs (Can sub ~2 pounds flank steak)
- ¾ cup low sodium soy sauce/tamari/aminos
- ¼ cup rice vinegar
- ¼ cup honey
- ¼ cup brown sugar
- 2 tsp sesame oil
- 2 tbsp red curry paste
- 1 ½ inches fresh ginger, peeled
- 4-5 cloves garlic, peeled
- 2 tsp umami seasoning
- ¼ cup pomegranate juice
- 10-12 corn tortillas, heated or slightly charred

Garnish: Avocado / Pickled red onions / Cilantro / Lime / Peppery Arugula Microgreens / Radish Slaw / Sriracha / Salsa Verde

Serves 6-8 | ~4-6 hours

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Instructions

1. In a blender or food processor, add the soy sauce, rice vinegar, honey, brown sugar, sesame oil, red curry paste, ginger, garlic, umami seasoning and pomegranate juice. Blend until smooth, pour it into your crockpot, then add in ½ cup water.
2. Add the meat that you are using, then cover and cook on low for 6-8 hours or on high for 3-4 hours. If you are using an Instant Pot, cook on high pressure for 25 minutes. If you'd like to use the oven, preheat to 325 degrees, pour the blended sauce into a large dutch oven, add ½ cup water and the meat, cover and roast in the oven for 2 ½ to 3 hours or until the meat is tender and easy to shred.
3. Turn your broiler on to high. Transfer the meat from the sauce to a baking sheet and lightly shred. Add ½ cup of the cooking liquid. Broil for a few minutes until the meat slightly caramelizes.
4. Heat your tortillas on a grill pan or pan on the stove until warmed and slightly charred. Transfer to a small plate and cover with a towel.
5. On each warmed tortilla, pile on the meat, slaw, pickled red onion and avocado.
6. Garnish with the sauces, lime wedge, sesame seeds, cilantro, and peppery arugula microgreens.



Ingredients

- 1 pound chicken breast, cut into bite-sized pieces
- ½ cup prepared pesto
- Red pepper flakes (optional)
- Sea salt & black pepper, to taste

- ⅓ cup extra virgin olive oil
- Juice of 1 lemon
- ¼ cup tahini (can sub mayo)
- 1 ½ tbsp Dijon mustard
- 3 tsp Worcestershire sauce
- ⅓ cup grated Parmesan cheese
- Red pepper flakes
- Sea salt & black pepper, to taste

- 16 oz any short-cut pasta
- 2 tbsp prepared pesto
- ½ cup feta cheese crumbles
- 2 cups fresh arugula
- 4 cobs charred corn (or frozen fire-roasted corn)
- 6 slices peppered bacon, cooked & broken into small pieces
- 1 avocado, diced
- 1 pint cherry tomatoes, halved
- Breadcrumbs toasted with butter and Italian seasonings
- Large handful Peppery Arugula microgreens

Serves 6-8 | ~35 minutes

Peppery Pasta

With Pesto Chicken / Charred Corn / Peppered Bacon / Peppery Arugula Microgreens

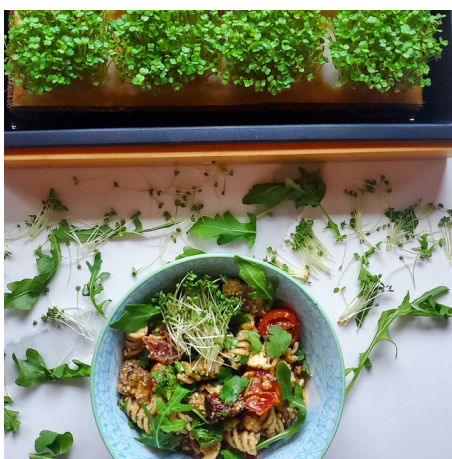
Author: Allie, Hamama Happiness Manager



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Instructions

1. Combine the diced chicken, pesto, red pepper flakes, salt and pepper (can be marinated for 30-60 minutes or overnight).
2. Place a pan on medium-high heat and cook the chicken until lightly blackened and cooked through, flipping the pieces halfway through, about 10-12 minutes total.
3. While the chicken is cooking, make the dressing. In a large bowl, whisk together the olive oil, lemon juice, tahini, dijon mustard, Worcestershire sauce, parmesan cheese, and a sprinkle of red pepper flakes, salt, and pepper. Set aside.
4. Bring a large pot of water to a boil and salt. Boil the pasta to al dente, according to package directions. Drain the pasta and, while still warm, mix it with 2 tbsp prepared pesto and toss to combine. Add the chicken, feta (or cheese of choice), corn, arugula, bacon & tomatoes, gently tossing to combine.
5. Top the pasta with seasoned breadcrumbs, avocado and arugula microgreens. Season with freshly cracked pepper and sea salt.
6. Serve warm, room temperature or cold



Wasabi Aioli Sushi Rolls

With Cucumber / Avocado / Blackened Shrimp /
Peppery Arugula Microgreens

Author: Carolyn, Marketing Director



Ingredients

- 1-2 large cucumbers, thinly sliced with a mandoline slicer
- 12-30 shrimp, deveined and peeled
- 3 tbsp seafood seasoning, for the shrimp
- 2-3 avocado, sliced
- 4-6 tbsp toasted sesame seeds or black sesame seeds
- Peppery Arugula microgreens

Wasabi Aioli Sauce:

- 6 tbsp mayo or vegan mayo
- 2 tsp wasabi paste
- 2 tsp lime juice
- 2 limes, zested
- 2 tsp Bragg's Amino Acids or tamari (can sub soy sauce)

Serves 12+ | ~30 minutes

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Instructions

1. For the Wasabi Aioli: Add all ingredients to a small bowl and set aside once combined.
2. For the shrimp: Peel and devein your shrimp. Cover in seafood seasoning and place in a medium skillet on medium high heat. Let them cook for 5 minutes on each side until crisp and set aside to cool.
3. Cut up your cucumber with a mandoline slicer and slice your avocado. Set aside.
4. Coat your avocado slices in sesame seeds.
5. Place your avocado, shrimp, Peppery Arugula microgreens and a dollop of wasabi aioli in the cucumber and roll it gently until the end. (if you have any excess, cut that off)
6. Repeat until you use the rest of your ingredients.
7. Serve these lovely cucumber sushi rolls with extra wasabi aioli, peppery arugula microgreens and avocado!



Caprese Salad

With Mixed Greens / Fresh Mozzarella / Heirloom Tomatoes / Peppery Arugula Microgreens

Author: Barbara, Hamama Happiness Member



Ingredients

- 2 Large heirloom tomatoes
- Fresh mozzarella cheese, to taste
- Hamama olive oil
- Hamama balsamic vinegar
- 2 cups of your choice of greens
- Hamama Peppery Arugula microgreens
- Sea salt and freshly cracked pepper, to taste

Serves 2 | ~10 minutes

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Instructions

1. For the Wasabi Aioli: Add all ingredients to a small bowl and set aside once combined.
2. For the shrimp: Peel and devein your shrimp. Cover in seafood seasoning and place in a medium skillet on medium high heat. Let them cook for 5 minutes on each side until crisp and set aside to cool.
3. Cut up your cucumber with a mandoline slicer and slice your avocado. Set aside.
4. Coat your avocado slices in sesame seeds.
5. Place your avocado, shrimp, Peppery Arugula microgreens and a dollop of wasabi aioli in the cucumber and roll it gently until the end. (if you have any excess, cut that off)
6. Repeat until you use the rest of your ingredients.
7. Serve these lovely cucumber sushi rolls with extra wasabi aioli, peppery arugula microgreens and avocado!



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

