



HAMAMA RECIPES

## Springtime Peas

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By Team Hamama

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# Spring Pea Falafel Burger

With Eggplant / Hummus /  
Tomato / Pickled Onions /  
Slaw / Microgreens

Author: Carolyn, Marketing  
Administrator

Serves 6 | ~2.5 hours



## Ingredients

- 3 cups french lentils, cooked
- ½ cup quinoa, cooked
- 1 zucchini, chopped
- 1 ¼ cup fresh parsley
- 1 ¼ cup pea shoot microgreens
- 1 medium onion, chopped
- ½ cup dill sprigs
- 1 tsp cayenne pepper, ground
- 1 tbsp cumin
- 1 tbsp garlic salt
- 1 tbsp seasoning of your choice for extra flavor
- A pinch of salt and pepper
- All purpose flour, if your falafel is a bit too sticky, add a little in to help form the burgers
- 6 buns, halved and toasted

### Garnish:

- Eggplant, baked with oil, salt and pepper
- Coleslaw
- Extra pea microgreens
- Tomato
- Lettuce
- Pickled onions
- Cheese
- Hummus

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# Instructions

1. Preheat your oven to 425F. Cook your lentils and quinoa (read package for cooking instructions, about 20 minutes for each)
2. While the lentils and quinoa cook, saute your chopped onion for 5 minutes or until soft and translucent.
3. When the lentils, quinoa and onions have cooked and cooled down, add them to your food processor along with the zucchini, parsley, pea shoot microgreens, dill sprigs, salt, pepper, cumin, cayenne, garlic salt, other seasonings and combine until mixed well and like a paste.
4. Next, form your burgers (add in flour if needed if the mixture is too wet). You can do small or big depending on how many buns you have. Add your burgers to a baking pan with oil or you can use parchment paper. Brush the tops of the burgers with olive oil, salt and pepper to taste.
5. Add your burgers to the oven and cook for 25 minutes or until golden brown.
6. Get out your buns and toast to your liking. Add some eggplant, coleslaw, hummus, extra pea shoot microgreens, or any topping you fancy and enjoy!



# Moroccan Spring Pea Salad

With Barley / Goji Berries /  
Green Onions / Microgreens

Author: Carolyn, Marketing  
Administrator

Serves 4-6 | ~40 minutes

## Ingredients

- 1 cup barley
- 6 cups pea microgreens
- ½ cup goji berries, or any dried currant/berry
- Salt & Pepper to taste

## Dressing:

- ¾ cup fresh orange juice
- 1 tsp grated orange zest
- 4 tsp lime juice
- 1 tbsp green onions, chopped
- 2 tbsp maple syrup
- 1-½ tsp cinnamon
- 1 tsp cumin



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## Instructions

1. Bring 3 cups of water to a boil and add in your barley. Once it boils, reduce the heat and cover with a lid. Let the barley cook for about 45 minutes or until the barley has soaked up all of the water.
2. While your barley is cooking, mix your dressing ingredients: Add together the orange and lime juice, orange zest, maple syrup, green onions, cinnamon and cumin.
3. When the barley is ready, fluff it and let cool.
4. When your barley is cooled, add in the goji berries, pea shoot microgreens and dressing. Mix well and enjoy!



# Springtime Pea Puree

With Peas / Shallot / Garlic /  
Pea Microgreens

Author: Allie, Customer  
Happiness Manager

Serves 6-8 | ~15 minutes

## Ingredients

- 2 tbsp olive oil
- 1 lb shelled fresh or frozen peas (about 3 cups)
- ¼ Spring Pea Seed Quilt (plus more for garnish)
- 1 large shallot, chopped
- 2 cloves garlic, chopped
- ¼ cup chicken or veg broth
- 1 tbsp fresh parsley, chopped
- 2 tbsp cold butter
- 2 tbsp fresh lemon juice
- Sea salt and pepper to taste



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# Instructions

1. Place a saucepan over medium heat, add the olive oil & heat it until hot. Add the peas, onion/shallot and garlic and cook until slightly softened, 1 to 2 minutes for fresh peas or 4 to 5 minutes for frozen.
2. Add the chicken stock/broth and cook until the peas are tender, 2 to 3 minutes. Remove from the heat and stir in parsley or herb of choice.
3. Use an immersion blender or pour the pea mixture into a high-powered blender. Add the butter and blend until very smooth.. Add the lemon juice and season with salt and pepper to taste. Blend to combine.
4. For an extra velvety-smooth texture (I recommend!), press through a mesh colander with a rubber spatula.
5. Scoop the purée into a serving dish and top with extra spring pea microgreens (or smear directly on the plates and top with your protein of choice).



# Sweet Pea Pesto

With Crostini / Garlic /  
Lemon / Peas / Pea  
Microgreens

Author: Allie, Customer  
Happiness Manager

Serves 6 | ~15 minutes



## Ingredients

Sweet Pea Pesto:

- 1 cup peas (fresh or frozen. If frozen, thaw first)
- 2 cups fresh pea microgreens (plus more for garnish)
- 2 small cloves garlic, peeled
- ½ cup nuts, optional [hazelnuts, cashews, walnuts, almonds, or pine nuts]
- ⅓ cup of grated parmesan cheese or nutritional yeast
- A few sprigs of fresh mint, optional
- salt and pepper to taste
- 1 teaspoon lemon juice
- ⅓ cup extra virgin olive oil (you may not need this full amount)

Crostini:

- 8 slices baguette or ciabatta bread [or whatever bread you prefer]
- 1/3 cup olive oil
- 1 tomato, sliced [optional]
- Feta or goat cheese crumbles [optional]
- Pea Microgreens for garnish

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# Instructions

For the Sweet Pea Pesto:

1. Pulse together the peas, pea microgreens, garlic, nuts and mint (if using), Parmesan or nutritional yeast, lemon juice, 1 teaspoon of salt and 1/4 teaspoon of pepper in a food processor.
2. With the machine running, slowly add the olive oil until well combined, about 1 to 2 minutes. Season with additional salt and pepper, if needed.
3. Transfer to a small bowl and set aside.

\*TIP: This pesto freezes beautifully if you want to keep it longer (I freeze it in ice cube trays).

For the Crostini:

1. Preheat a stovetop griddle or grill pan on medium-high heat. Brush both sides of the sliced bread with olive oil and toast until golden, about 1 to 2 minutes.
2. Transfer the bread to a platter and spread 1 to 2 tablespoons of the prepared pesto on each slice.
3. Top with tomato, balsamic glaze (optional) and additional pea microgreens. Serve immediately and enjoy!

\*TIP: Make this a hearty breakfast by adding a fried egg on top!





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