



15 DELICIOUS MICROGREENS RECIPES





SUNFLOWER GUACAMOLE

INGREDIENTS

- 2 avocados
- Juice of 1/2 lime
- 1/4 tsp (1 mL) salt
- 2/3 cup (160 mL) roughly chopped sunflower shoots
- 1/4 cup (60 mL) finely chopped red onion
- 1/2 jalapeno, finely chopped

DIRECTIONS

1. Place avocado, lime juice, and salt in bowl and mash into a chunky mixture. Stir in sunflower shoots, red onion, and jalapeno.



MICROGREEN PESTO

INGREDIENTS

- 2 cups of Sunflower microgreens
- 1 cup of basil
- 1 clove of garlic, crushed
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- 1/4 cup of pepittas (or roasted pine nuts)
- 1/2 cup of olive oil
- Salt, pepper

DIRECTIONS

1. In a blender, add the microgreens, basil, garlic, lemon juice, and olive oil. Blend to a spreadable paste.
2. Adjust flavours – add salt, pepper, olive oil and more lemon juice to reach the consistency and taste you desire.
3. Enjoy immediately or store in an airtight, sterilised container in the fridge for up to 5 days.

Other additions: 1/3 cup of parmesan. Spinach or kale to replace basi



SPRING SALAD

INGREDIENTS

SALAD

- 1 cup or more of microgreens of your choice
- 1 blood orange cut into small pieces
- 1/2 avocado cubed
- 1/2 cup of julienned daikon radish
- 1/4 cup walnut pieces
- 1/2 jalapeno, finely chopped

DRESSING

- 1 Tbsp. cold-pressed olive oil
- 1 Tbsp. lemon juice
- 1 clove chopped garlic (optional)
- A dash of salt and pepper

DIRECTIONS

1. Toss all the salad ingredients together. Shake the dressing ingredients in a lidded jar. Dress, toss, and serve! (Great with a soft-boiled egg)



GRILLED CHEESE WITH HAM AND BRIE CHEESE WITH MICROGREENS, APPLE AND DIJON

INGREDIENTS

- 1-2 tablespoon of butter
- 2 slices of brioche
- 4 slices of ham
- 6 thin slices of brie cheese
- 6 thin slices of apple
- Small handful of microgreens
- 1 tablespoon of whole grain mustard

DIRECTIONS

1. Heat skillet to medium heat, add butter, let melt, and swirl to coat.
2. Add slices of bread to skillet, and place brie and ham on top of each slice. Cook until cheese begins to melt and the bread is golden
3. Top one side of bread with apple slices, mustard and microgreens. Flip the untopped slice of onto the other.
4. Transfer to a plate and cut in half.

THE GREEN DREAM

INGREDIENTS

- ½ cup grapefruit juice
- ½ cup aloe vera juice
- ½ an apple
- 1/3 cup of plain or vanilla yogurt
- 3 bunches of microgreens

DIRECTIONS

1. Add all ingredients to a blender and blend until all ingredients are combined into a smoothie texture.



PHO BO WITH MICROGREENS

INGREDIENTS

BROTH

- — 2 litres of meat bouillon
- 1 tbsp fish sauce
- 1 tbsp soy sauce
- 1 cinnamon stick
- 1 star anise
- 1 stick lemongrass, halved lengthwise
- 1 red chilli pepper, deseeded, cut into rings
- 30g ginger, finely grated

SOFT-BOILED EGGS

- — 4 fresh eggs water, boiling

SOUP INGREDIENTS

- — 200g rice noodles
- 200g bean sprouts
- 1 spring onion incl. green part, cut into thin rings
- 300g beef rump, thinly sliced

TO GARNISH

- — 30g Micro Greens
- 1 lime, rinsed with hot water, dabbed dry, cut into segments
- 1 bunch peppermint, leaves broken off
- 1 bunch coriander, leaves broken off





PHO BO WITH MICROGREENS

DIRECTIONS

BROTH

1. Place the stock and all the other ingredients up to and including the ginger in a pan, bring to the boil.

SOFT-BOILED EGGS

1. Soft-boil the eggs in boiling water for approx. 7mins., rinse briefly with cold water.

SOUP INGREDIENTS

1. Add the noodles, bean sprouts and spring onions, simmer for approx. 8 mins. Add the meat, serve immediately in soup bowls.

TO GARNISH

1. Peel the eggs and cut in half. Garnish the soup with the egg and micro greens, serve with the lime, mint and coriander.



ROASTED BROCCOLI MICROGREEN SOUP

INGREDIENTS

- 1 head broccoli, cut into small florets
- 1 large yellow onion, sliced into 1 in (2.5 cm) wedges
- 4 whole garlic cloves, peeled
- 1 Tbsp (15 mL) grapeseed oil
- 1/4 tsp (1 mL) salt
- 4 cups (1 L) vegetable broth, preferably salt free
- 2 cups (500 mL) microgreens, plus more for garnish
- 3 oz feta cheese, chopped (about 1/2 cup/125 mL), plus more for garnish
- 1 cup (250 mL) cooked or canned navy beans
- Juice of 1/2 lemon
- 1/2 tsp (2 mL) chili powder (optional)
- 3 Tbsp (45 mL) unsalted roasted sunflower seeds
- 2 Tbsp (30 mL) extra-virgin olive oil

DIRECTIONS

1. Preheat oven to 425 F (220 C) and place a rimmed baking sheet in oven as it heats. Toss broccoli, onion, and garlic with oil and salt. Spread out on hot baking sheet and roast until broccoli is darkened in spots, about 25 minutes, stirring once.
2. Place broth, roasted vegetables, microgreens, feta, beans, lemon juice, and chili powder (if using) in blender or food processor container and blend until smooth. Warm soup in saucepan, and thin as needed with additional broth or water.
3. Serve soup garnished with additional microgreens and feta, sunflower seeds, and a drizzle of oil.



EGG WHITE OMELETTE WITH AVOCADO, GOAT CHEESE, AND MICRO GREENS

INGREDIENTS

- 2 Egg Whites
- 2 tsp of Milk
- Cooking Spray
- Salt & Pepper
- 1/2 Avocado
- 20g Goats Cheese
- Microgreens Of Choice

DIRECTIONS

1. Whisk together two egg whites and 2 tsp of milk.
2. Add mixture to a skillet with a light coat of cooking spray and cook them over medium to low heat.
3. Add some salt and pepper to the egg while cooking, flip the egg over when the bottom looks cooked.
4. Once the other side is done, transfer it to a plate fill it with sliced avocado, crumbled goat cheese, and some fresh microgreens and fold it in half.



GOURMET MUSHROOM VEGGIE BURGER

INGREDIENTS

- 1 frozen veggie burger
- About half a bell pepper, seeds removed
- 1 egg
- A handful of washed microgreens of choice
- Sriracha

DIRECTIONS

1. Start by cooking your veggie burger in a frying pan on the stove. I usually do about 4 min per side.
2. Add some oil to the pan to make sure that the veggie burger and egg don't stick.
3. Slice your bell pepper so that you get one ring and a bunch of spears.
4. Place the ring in the frying pan, and crack your egg into the ring
5. Place the rest of the bell pepper slices into the pan.
6. Continue until the burger and the egg are done to your liking.
7. Arrange the bell pepper slices on a plate in a nice pile.
8. Place the cooked veggie burger on the pile.
9. Place the cooked egg on top of the veggie burger.
10. Spread the microgreens on the top.
11. Add some sriracha if you want it to be extra spicy!



MICROGREEN, MINT + MANGO JUICE

INGREDIENTS

- 1/2 cup mixed microgreens
- 1 large sprig mint (approx. 6-8 large leaves)
- 1 mango, peeled and cut into chunks
- a 1-inch piece of fresh ginger root, peeled and chopped rough
- Juice from 1 lemon
- 5-6 coconut water ice cubes (you can also use water ice cubes)

GARNISH

- Chia seeds
- Extra mint leaves

DIRECTIONS

1. Place all ingredients into a high-speed blender and blend for about 1 minute. for a juice with out pulp, pass the juice mixture through a fine mesh sieve over your glass. garnish with chia seeds and mint, and drink immediately.



GREEN VITALITY WILD RICE SALAD

INGREDIENTS

- 1/2 cup wild rice
- 1/2 cup brown long grain rice
- 1/2 chopped spring onion
- 1/2 chopped flat leaf parsley
- 1/2 chopped coriander
- 1/2 chopped dill
- 1 small red onion
- 2 tbs olive oil
- 1/4 cup blanched almonds
- 1/4 cup golden raisins
- Microgreens
- Sea salt, pepper to taste
- Lemon

DIRECTIONS

1. Soak the raisins in cold water. Preferably overnight or at least for couple of hours.
2. Cook the rice according to the packaging instructions.
3. Once its cooked fluff it with the fork and let it cool in a big mixing bowl.
4. In the meantime chop the red onion and fry it in olive oil until golden brown. Scoop it into the mixing bowl with rice.
5. In the same pan toast almonds, then raisins. Add them into the bowl with the rest of the ingredients.
6. Mix all the microgreens, herbs and rice thoroughly, season with sea salt and pepper, add generous squeeze of lemon.

AVOCADO TOAST WITH MICROGREENS




INGREDIENTS

- 2 pieces gluten-free toast
- 1 avocado
- 1 cup microgreens
- Balsamic glaze
- Salt
- Crushed red pepper

DIRECTIONS


1. Spread avocado on 2 pieces of toast and sprinkle on salt
2. Pile on the Microgreens
3. Add a drizzle of balsamic syrup and a sprinkle of crushed red pepper...



SMOKY CAULIFLOWER STEAKS WITH MICROGREENS

INGREDIENTS

- 2 large heads cauliflower (25 to 30 oz each)
- 3 tbsp olive oil + additional for drizzling
- 2 tsp smoked paprika, divided
- ½ tsp ground black pepper
- ¼ tsp sea salt + additional as needed
- 1 1/2-2 cups unsalted tomato sauce
- 1/2 cup microgreens, for garnish
- 2 tbsp unsalted pine nuts, toasted
- 1 tsp sesame seeds, toasted



SMOKY CAULIFLOWER STEAKS WITH MICROGREENS

DIRECTIONS

1. Preheat oven to 425°F. Line a large rimmed baking sheet with foil.
2. Trim stems of cauliflower heads so that cauliflower sits flat upright. Cut each cauliflower vertically into two $\frac{3}{4}$ -inch-thick steaks, making 4 steaks total. (Reserve remaining cauliflower for another use.) Arrange on prepared baking sheet.
3. In a small bowl, stir together oil, 1 tsp paprika, pepper and salt; brush half of mixture over cauliflower. Roast for 10 minutes. Turn and brush with remaining oil mixture; roast until tender and golden brown, about 25 minutes.
4. Meanwhile, in a small saucepan, combine tomato sauce, remaining 1 tsp smoked paprika and additional salt as needed; heat on low until warmed. Place 1 cauliflower steak on each plate and garnish with microgreens, pine nuts and sesame seeds. Drizzle each with additional oil.



BEST CRISPY PANCETTA, BURRATA AND TOMATO SANDWICH

INGREDIENTS

MAKES 6 SERVINGS

- 4 (3-ounce) packages thinly sliced pancetta (Italian bacon)
- 6 (3- to 4-inch-diameter, 3/4-inch-thick) slices ripe Costoluto Genovese tomatoes or other ripe red heirloom tomatoes
- 1/2 cup (packed) coarsely torn fresh basil leaves
- 6 tablespoons extra-virgin olive oil
- 2 teaspoons dried oregano
- 1/2 teaspoon fleur de sel or coarse kosher salt
- Freshly ground black pepper
- 12 (4 x 4 x 1/2-inch) slices egg bread or brioche, lightly toasted
- 18 ounces burrata cheese
- 4 cups (about) of mixed microgreens



BEST CRISPY PANCETTA, BURRATA AND TOMATO SANDWICH

DIRECTIONS

1. Working in batches, cook pancetta in heavy large skillet over medium heat until brown and crisp, about 6 minutes per batch. Transfer to paper towels to drain. **DO AHEAD** Can be made 2 hours ahead. Let stand at room temperature.
2. Place tomato slices in shallow baking dish. Add basil, olive oil, oregano, and fleur de sel. Sprinkle with ground black pepper and turn to coat. Let stand at least 30 minutes and up to 1 hour.
3. Place 6 toasted bread slices on work surface. Divide burrata among bread slices and spread to edges. Top each with 1 tomato slice, then pancetta slices, dividing equally. Top with arugula. Cover with remaining 6 toasted bread slices, and press each slightly to adhere. Cut each sandwich in half and serve.



CHEESY CROSTINI

INGREDIENTS

- 1 large bunch fresh chives (2 1/4 ounces/65g)
- 1/2 cup canola or other neutral oil
- 2 pints heirloom cherry tomatoes (1 1/4 pounds/565g)
- 1/2 cup extra-virgin olive oil (120ml), plus more for drizzling and brushing
- 3 medium cloves garlic, sliced
- Kosher salt and freshly ground black pepper
- 1 baguette, cut on a bias into about twelve 1/4 inch thick slices
- 1 large ball burrata, torn into large chunks
- Microgreens for garnish

DIRECTIONS

1. Preheat oven to 350°F (175°C). Bring a medium pot of water to a full boil and prepare an ice bath. Blanch the chives in boiling water for 1 minute, then transfer to the ice water. Once cold, drain and dry chives as much as possible in paper towels.



CHEESY CROSTINI

2. Put chives in a blender with the canola oil and blend at high speed until completely smooth, about 1 minute. Let stand 15 minutes. Strain into a clean bowl through a fine-mesh strainer (or cheese cloth-lined sieve), pressing gently to extract all the oil; discard solids. Transfer chive oil to a jar or plastic squeeze bottle. The oil can be refrigerated for up to 3 weeks; bring to room temperature before using.
3. In a 10-inch cast iron or other heavy skillet, heat oil over high heat until shimmering. Add tomatoes and cook without stirring until they blister and char on bottom side, about 1 minute. Stir gently and cook until blistered in a few more spots, 1 to 2 minutes longer (they should be blistered and lightly browned in spots, but not falling apart). Remove from heat, add garlic and stir until the tomatoes soften and the garlic is fragrant, about 1 minute (if the pan isn't hot enough, return to low heat). Season with salt and pepper. Transfer to a bowl, drizzle with fresh olive oil and set aside.
4. Brush both sides of each baguette slice with olive oil. Arrange on a baking sheet and bake for 5 minutes. Flip and cook until toasts are light golden brown, about 3 minutes longer.
5. Top each toast with tomatoes and their juices. Drape a piece of burrata on top of each toast, then drizzle on chive oil. Season with salt and pepper, and garnish with micro greens or minced chives, if desired.