



PEA SHOOTS • BREAKFAST & BRUNCH

Avocado Toast with Pea Shoots

The classic, topped with sweet, grassy pea shoots and chili flake.

8 min • Serves 1

YOU'LL NEED

- 1 slice sourdough
- ½ avocado
- lemon juice
- chili flake
- ¼ cup pea shoots
- flaky salt

METHOD

- 1 Toast bread; mash avocado with lemon juice and salt.
- 2 Spread on toast, add a pinch of chili flake.
- 3 Finish with a loose pile of pea shoots.



SUNFLOWER SHOOTS • BREAKFAST & BRUNCH

Sunflower Shoot Scrambled Eggs

Soft scrambled eggs finished with a handful of crunchy shoots.

10 min • Serves 2

YOU'LL NEED

- 4 eggs
- 1 tbsp butter
- salt & pepper
- ¼ cup sunflower shoots
- shaved parmesan

METHOD

- 1 Whisk eggs with a pinch of salt; cook low and slow in butter, stirring gently.
- 2 Plate soft and just set.
- 3 Top with sunflower shoots and a shaving of parmesan.



RADISH MIX • SALADS & BOWLS

Radish Microgreen Slaw

A peppery twist on classic slaw, good alongside anything grilled.

10 min • Serves 4

YOU'LL NEED

- 3 cups shredded cabbage
- 1 cup radish mix
- shredded carrot
- rice vinegar
- honey
- oil

METHOD

- 1 Whisk vinegar, honey, and oil for the dressing.
- 2 Toss cabbage and carrot with dressing.
- 3 Fold in radish mix just before serving so it stays crisp.



BROCCOLI • SALADS & BOWLS

Broccoli Microgreen Grain Bowl

A mellow, filling bowl built around whatever grain you have on hand.

20 min • Serves 2

YOU'LL NEED

- 2 cups cooked quinoa or rice
- roasted chickpeas
- avocado
- ½ cup broccoli microgreens
- tahini dressing

METHOD

- 1 Divide grain between two bowls.
- 2 Top with chickpeas and sliced avocado.
- 3 Finish with broccoli microgreens and a drizzle of tahini dressing.



AMARANTH • SALADS & BOWLS

Amaranth & Citrus Salad

Bright citrus segments against soft, burgundy amaranth leaves.

12 min • Serves 2

YOU'LL NEED

- 1 orange
- 1 grapefruit
- ½ cup amaranth microgreens
- thin-sliced red onion
- olive oil
- flaky salt

METHOD

- 1 Segment the orange and grapefruit over a bowl to catch the juice.
- 2 Arrange with onion and amaranth microgreens.
- 3 Drizzle with olive oil and a pinch of salt.



HOUSE MIX • SALADS & BOWLS

House Mix Garden Salad

The simplest way to eat a whole tray at once, with a bright lemon dressing.

8 min • Serves 2

YOU'LL NEED

- 2 cups house mix
- cucumber
- cherry tomatoes
- lemon juice
- olive oil
- salt

METHOD

- 1 Toss house mix with sliced cucumber and halved tomatoes.
- 2 Whisk lemon juice, olive oil, and salt.
- 3 Dress lightly right before serving.



SUNFLOWER SHOOTS • SOUPS & MAINS

Grilled Salmon with Sunflower Shoot Salsa Verde

A bright, herby topping built around chopped sunflower shoots.

20 min • Serves 2

YOU'LL NEED

- 2 salmon fillets
- 1 cup sunflower shoots (chopped)
- olive oil
- lemon juice
- garlic
- capers

METHOD

- 1 Season salmon and grill or pan-sear until just cooked through.
- 2 Pulse sunflower shoots, oil, lemon juice, garlic, and capers into a chunky sauce.
- 3 Spoon salsa verde over the salmon to serve.



AMARANTH • SANDWICHES, TOAST & WRAPS

Black Bean Tacos with Amaranth Microgreens

Simple weeknight tacos with a colorful, soft-textured topping.

15 min • Serves 2

YOU'LL NEED

- 4 small tortillas
- 1 can black beans
- cumin
- lime
- queso fresco
- ½ cup amaranth microgreens

METHOD

- 1 Warm black beans with cumin and a squeeze of lime.
- 2 Fill warmed tortillas with beans and queso fresco.
- 3 Top each taco with amaranth microgreens.



SUNFLOWER SHOOTS • SMOOTHIES & DRINKS

Green Sunrise Smoothie

A creamy, nutty green smoothie to start the day.

5 min • Serves 1

YOU'LL NEED

- 1 banana
- 1 cup milk of choice
- ½ cup sunflower shoots
- ¼ cup pea shoots
- honey

METHOD

- 1 Add all ingredients to a blender.
- 2 Blend until fully smooth, about 45 seconds.
- 3 Pour and drink right away for the brightest color.



PEA SHOOTS • DRESSINGS & SAUCES

Pea Shoot Green Goddess Dressing

A creamy herb dressing, good on nearly everything.

10 min • Makes 1 cup

YOU'LL NEED

- 1 cup pea shoots
- ½ cup Greek yogurt
- 2 tbsp lemon juice
- 1 garlic clove
- olive oil
- salt

METHOD

- 1 Blend pea shoots, yogurt, lemon juice, and garlic until smooth.
- 2 Stream in olive oil to loosen to a pourable consistency.
- 3 Season with salt to taste.