

SUNFLOWER SHOOT SMÜTHIE

This is a very refreshing smoothie that lets the sweet, nutty flavor of our soil-grown sunflower shoots shine. Try it with banana instead of the honeydew for a creamier, sweeter version.

INGREDIENTS

- 1 handful HARVST sunflower shoots
- 1 cup honeydew cubed
- 1 green apple chopped
- 1 cup baby spinach
- 1/2 lemon juiced

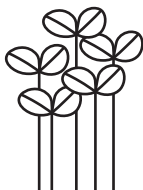
DIRECTIONS

Combine all ingredients in a powerful blender with some cold water and blitz until desired consistency. Serve in a chilled glass or on ice.

NUTRITION

Vitamin A, B, C, E, K, Zinc and a heap of plant protein.

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SUNFLOWER SHOOT PESTO

There are so many uses for this pesto. Try it on grilled salmon, roasted chicken, grilled steak or use it as a sauce on potato salad, in a sandwich, with pasta, or as a base for flatbread.

INGREDIENTS

1 handful HARVST sunflower shoots

3/4 cup almonds

1/2 cup olive oil

1 lemon juiced

Salt and pepper

DIRECTIONS

Add sunflower shoots, almonds, olive oil and lemon juice to a blender or food processor and pulse until blended into a paste. Season with salt and pepper.

NUTRITION

Vitamin A, B, C, E, K, Zinc and a heap of plant protein.

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PEA SHOOT SOÛP

This is a tasty and zesty soup perfect for any season, both easy and fast to prepare and cook. Substitute the vegetable stock with chicken stock if you prefer.

Serves two but can easily be doubled.

INGREDIENTS

1 handful HARVST pea shoots	Splash of olive oil
1/2 tsp ground cumin	1/2 cup vege stock
1/2 tsp grated fresh ginger	1/2 fresh lemon
1/2 onion chopped	Sour cream
1 small potato chopped	Salt and pepper

DIRECTIONS

Heat olive oil in a large pot

Add cumin and ginger and heat until fragrant

Add onion and potato and cook until soft

Add HARVST pea shoots and wilt down

Add vege or chicken stock and simmer for 5-10 mins

Blend all ingredients with a blender or food processor

Add lemon juice and a dollop of sour cream + season



PEA SHOOT STÜRFY

A super-clean and healthy microgreen stirfry, which takes only minutes to make. A perfect dish on it's own or as an accompaniment. Deliciously sweet, aromatic and packed full of flavour that most will love.

INGREDIENTS

2 handfuls HARVST pea shoots Canola or vege oil
2 garlic cloves finely minced 1/2 tsp sesame oil
1/4 tsp sugar
1/4 tsp salt
1 tbsp chinese rice wine

DIRECTIONS

Moderately heat cooking oil + garlic in a large pan/wok
Turn heat to high and then add HARVST pea shoots
Toss regularly
Add sugar and salt and toss some more
When shoots begin wilting turn off the heat
Add cooking wine and sesame oil
Toss some more and serve

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MIKROMIX CHICKPEA SALAD

Microgreens are a perfect addition to salads. This salad is super quick and easy to make. Our mikromix blend is a flavour powerhouse and delivers a healthy, nutritious and delicious experience.

INGREDIENTS

- 1 handful HARVST mikromix
- 100g organic chickpeas
- 1 small radish thinly sliced
- 1 fresh tomato diced
- 1/2 lemon juiced
- Splash of olive oil
- Salt and pepper

DIRECTIONS

Gently combine all ingredients in a bowl. Serve and eat immediately or fill mason jars and refrigerate. Perfectly portable for delicious lunches or picnics.

NUTRITION

Vitamin A, B, C, E, K, Zinc and a heap of plant protein.

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MIKROMIX ZUCH BALLS

These zuch balls are packed full of plant protein and fiber, making them a nutritious option on any meal plan. They can even be prepped ahead of time, ready to bake and serve on a busy weeknight.

INGREDIENTS

1 handful HARVST mikromix	Salt and pepper
1 cup shredded zucchini	1/2 lemon juiced
1 can chickpeas	
3 cloves garlic	
1/2 cup breadcrumbs	

DIRECTIONS

Preheat oven to 180°C

Drain and rinse the chickpeas

Combine all ingredients and blitz in a blender

Form 1" zuch balls

Refrigerate for 15 minutes

Place onto baking tray with baking paper

Bake for 20 - 25 minutes or until golden brown

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