



microtown 

Changing the world one Microgreen at a time

Blackberry and Corn Microgreens Salad



Turn this board of raw ingredients into an amazing salad! Tasty, simple to make and nutritious.

It's full of health as well as being vegan and vegetarian friendly!

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Microgreens grown
sustainably & locally
in Eltham

What you'll need:

- 3 cups of mixed microgreen
- 125g blackberries
- 2 tablespoons pine nuts
- 1 corn cob, cut off the cob
- 1 bunch asparagus
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 2 garlic cloves finally chopped
- 2 tablespoons baby capers
- 2 tablespoons of mint
- sea salt & black pepper

Let's do it:

1. Place microgreens in a bowl.
2. In a separate bowl combine olive oil, red wine vinegar, garlic, capers and a pinch of salt and black pepper. Place in refrigerator until ready to serve.
3. Remove the corn from the cob.
4. Pan fry asparagus in olive oil for 1-2 minutes, depending on the thickness of the asparagus.
5. Cut the asparagus into 4 cm pieces.
6. Place pine nuts in a dry (don't add oil) frying pan large enough to hold them in a single layer.
7. Cook until fragrant and golden brown.
8. Assemble the salad by combining microgreens, corn, asparagus, blackberries and pine nuts in a large bowl. Add salad dressing and toss.

