



microtown 

Changing the world one Microgreen at a time

Microgreens Salad with Lime Dressing



Your ticket to an elegant and fresh side dish starts right here! This microgreens salad recipe with lime dressing is simple and delicious.

If you're asking what microgreens are exactly —they're a tiny form of young, edible greens produced from various kinds of vegetables, herbs and other plants. They are much lighter in flavour than the mature plant and are more nutrient dense.

The citrus dressing is so easy to make and the perfect complement to the greens and shaved radishes. Just a little olive oil, seasonings and lime juice whisked together and your microgreens will have a fabulous zesty flavour.

Serve this salad with your favourite fresh fish or grilled chicken and enjoy!

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Microgreens grown
sustainably & locally
in Eltham

What you'll need:

- 3 cups microgreens
- 1 tin of chick peas
- 6 radishes, thinly sliced
- ½ cup mint finely sliced
- ¼ cup of sliced parmesan for garnish
- Coarse sea salt & ground pepper, to taste
- 1 tbsp olive oil

Lime Dressing

- 2 Tbsp lime juice
- 1/8 tsp dry mustard powder
- ¼ tsp salt
- 1 ½ Tbsp olive oil

Let's do it:

1. Combine microgreens and radishes into a salad bowl and refrigerate until ready to serve.
2. Whisk together the lime dressing ingredients, cover and refrigerate also.
3. Prepare a lined baking tray.
4. Pre heat your oven to 190 degrees.
5. Spread the drained chickpeas in a single layer on the prepared tray and bake for 30 minutes, shaking the tray during the cooking.
6. Remove the chickpeas and spray with olive oil and return to the oven for 10 minutes until they are golden and crispy. Cool before eating.
7. When ready to serve, add chick peas to the microgreens and radish salad then dress lightly with dressing. Add parmesan to taste, sprinkle with sea salt and fresh ground pepper.

