



10 easy ways to enjoy microgreens

Simple ideas for familiar Indian meals

THE GOLDEN RULE Add after cooking to keep them fresh and crisp.

1

Dosa & idli crunch

Sprinkle a small handful over dosa or idli just before eating. Pair with chutney or sambar.

2

Omelette finish

Cook the omelette first, turn off the heat, then fold in chopped microgreens or add them on top.

3

Paneer sandwich

Layer microgreens with paneer, cheese, cucumber and chutney inside bread or a toasted sandwich.

4

Dal, sambar & rasam

Serve the dish normally, then garnish each bowl with fresh microgreens at the table.

5

Curd rice bowl

Top cool curd rice with microgreens, grated carrot and a light tempering for extra crunch.



More everyday meal ideas

No special cooking and no complicated recipes

6

Poha & upma

Add microgreens after serving. A squeeze of lemon and roasted peanuts work especially well.

7

Chapati roll

Fill a chapati with paneer, egg or vegetables, then add microgreens before rolling.

8

Chaat & bhel

Mix them into bhel, sev puri or chickpea chaat just before serving so they stay crisp.

9

Pizza, pasta & noodles

Use them as a fresh finishing topping once the food is off the heat.

10

Salad & raita

Toss gently with cucumber and tomato, or stir into raita immediately before eating.

KEEP THEM FRESH

- Refrigerate as soon as you receive them.
- Keep the greens dry while storing.
- Rinse gently only just before use.
- Best enjoyed within 5-7 days.