

Shrimp, Avocado and Alfalfa Salad with Mango Yoghurt Dressing on Whole Wheat Pita Pockets



Ingredients:

150 g Whole Wheat Pita Pockets
80 g Shrimps, peeled
50 g Avocado
30 g Romaine Lettuce
10 g Alfalfa Sprouts
20 g Cherry Tomato
2 g Cajun Spice Powder
50 ml Mango Yoghurt Dressing
1 g Salt
1 g Pepper

Mango Yoghurt Dressing:

100 ml Greek Yoghurt
5 ml Lime Juice
60 ml Mango Puree
1 g Salt
1 g Pepper

Method of preparation:

1. Cut the pita bread in half and open it up creating half-moon pouches then toast a little bit.
2. Season shrimps with salt, pepper and Cajun spice and sear on a hot pan. Cool and set aside.
3. On a bowl, mix all the ingredients for the dressing and chill.
4. On a separate bowl, mix all the vegetables, avocado, shrimp, and dressing. Set aside a few romaine lettuce and sprouts for garnish. Season to taste and chill.
5. Open up pita pouches, arrange a layer of lettuce and generously fill the pocket with the mixture.
6. Garnish with alfalfa and serve.

Tuna Ceviche with Baby Cukes, Red Radish and Mizuna Sprouts



Ingredients:

200 g Tuna Loin, sustainable
20 g Red Onions
20 g Ginger
30 g Red Radish
50 g Baby Cucumber
5 g Mizuna Sprouts
500 ml White Vinegar
30 ml Coconut Cream
10 g Coconut Sugar
50 ml Lime Juice
10 g Green Chili
5 g Red Chili
1 g Salt
1 g Pepper

Method of preparation:

1. Soak and cook cubed tuna loin on the white vinegar (250 ml) until the outer texture of tuna is a little rough. Discard the soaked vinegar.
2. On a separate bowl, add the remaining vinegar (250 ml), lime juice, and mix all the vegetables together (except for the sprouts). Add the pre-soaked tuna and mix well.
3. Add coconut cream, coconut sugar and season to taste.
4. Chill. Garnish with sprouts just before serving it cold.

Mixed Mushroom Frittata with Fresh Cheese, Broccoli Sprouts and Truffle Cream Sauce



Ingredients:

12 pcs Eggs
30 g Fresh Shiitake Mushrooms
30 g Fresh Button Mushrooms
200 ml Whipping Cream
1 ml Truffle Oil
100 g Kesong Puti (Fresh Local White Cheese)
1 g Fresh Thyme
3 g Broccoli Sprouts
20 g Butter
1 g Salt
1 g Pepper

Method of preparation:

1. Heat up butter on a pan. On high heat, sauté fresh mushrooms and season with salt and pepper. Cook well until mushroom juice slightly evaporates. Cool and set aside.
2. On a mixing bowl, add eggs and whisk it well. Add crumbled cheese, thyme, around 3 tablespoons of whipping cream and the cooled mushrooms. Season and mix well.
3. Preheat the oven at around 200°C then reduce to 180°C once achieved. On a non-stick mold or pan, pour the mixture and put in the oven for about 20-25 minutes.
4. For the sauce, Add the remaining whipping cream on a separate pan over high heat, reduce until half and thickened, season with salt and pepper and drizzle with truffle oil for aroma. Monter with butter.

5. Once eggs set and cooked, unmold and put on a plate. Pour the sauce over the frittata, drizzle some more truffle oil as you wish and garnish generously with broccoli sprouts.
6. Serve hot immediately.

Microgreens and Fresh Pineapple Juice



Ingredients:

- 5 g Mizuna Sprouts
- 5 g Alfalfa Sprouts
- 5 g Broccoli Sprouts
- 500 g Fresh Pineapple

Method of preparation:

1. Pour everything in batches in a slow juicer and press.
2. Chill and serve cold.