



# super sprouts



5 tasty recipes from  
Food Blogger of the Year 2017  
Holly Jade



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# What are sprouts?

## Why are sprouts so nutritious?

Since seeds can't make energy through photosynthesis or suck up nutrients through their roots, they need to have all the energy and nutrients they'll need for their first few days of life stored up. Once they start to sprout they release all of this energy and these nutrients into tasty sprouts! This makes sprouts particularly rich in vitamins, minerals and antioxidants.

## What do I do with them?

Sprouts are so easy to use in cooking! They can be eaten raw or cooked, so you can toss them into a salad, use as a garnish for burgers, or even add to a stir fry – just like the famous beansprouts!

## Can I grow them?

The beauty of sprouts is that you can grow them yourself! They only need water and warmth to germinate, so you really can't go wrong. Since they can often be harvested in just a few days,

you can sow seeds a few days apart to keep a constant supply of sprouts going.

## TIPS:

Looking for a way to give your meals a boost in nutrition, an extra dose of flavour and a bit of crunchy texture? Then bioSnacky® sprouts are just the thing for you!

Sprouts are very young plants, between a seed and a seedling. They are usually only a few days old, and are easily identified by their white stalks and small green leaves.

Sprouts are so easy to grow yourself, and they make a fantastic addition to any meal.

## 1 Choose your sprout

You can opt for a single seed type such as broccoli or alfalfa, or buy one of our popular mixes, such as the gourmet mix.

## 2 Sow in your planter

Scatter your seeds in your seed sprouter and cover with water. Gently swirl the water around the container until it drains. Place somewhere out of direct sunlight.

## 3 Water!

Water your sprouts twice a day, making sure that the water drains through the red plugs in the germinator.

## 4 Harvest and enjoy!

After 4-8 days your sprouts are ready! Have them raw on salads or as a burger topping, or add to a stir fry. Follow our recipes for some ideas.



# Sweet chilli with [mungbean](#) & [broccoli sprouts](#) *Stir fry*

## Stir fry

2 tbsp of oil (I used light olive oil)

1 carrot (cut julienne style)

1 small onion (finely chopped)

5 mini corns (chopped)

Mix of red & yellow peppers (sliced)

Handful of firm tofu pieces

1 pack of rice noodles (I used Amoy rice noodles)

Handful of green cabbage (shredded)

Handful of bioSnacky® broccoli rapini & mungbean sprouts



## How to make the stir fry

- 1 Place the oil into a large wok and heat on medium.
- 2 Add in the chopped onions and fry for a few minutes.
- 3 Then add the rest of the vegetables and tofu pieces. Keep stirring on a medium heat for around 5-10 minutes until steaming and fully cooked.
- 4 Add in the rice noodles and stir for a few minutes.
- 5 Then stir in the sprouts. Keep on a medium heat.
- 6 Pour in the pre-made chilli sauce (you can leave some for drizzling on the top) and keep stirring on the heat for another few minutes.
- 7 Serve immediately. Drizzle some of the remaining sauce and sprinkle more delicious fresh bioSnacky® sprouts on the top.

### Super broccoli!

We all know broccoli is really healthy, and broccoli sprouts are basically super-concentrated mini versions – 1 oz contains as much antioxidants as 3lbs of whole broccoli! They are even thought to be useful in improving insulin resistance in type 2 diabetes!

## Sweet chilli sauce

59ml of water

59ml of rice vinegar

2 garlic cloves (crushed)

Half red bell pepper (chopped)

80g of maple syrup

1/4 tsp of chilli flakes

2 tbsp of corn flour + 29ml of water (for thickening sauce)

## How to make the sweet chilli sauce

- 1 Place the water, vinegar and maple syrup into a saucepan. Bring to the boil, then add in the chilli flakes, garlic and red pepper.
- 2 Simmer for around 8-10 minutes, stirring frequently.
- 3 In a separate bowl, mix the corn flour and water together for sauce thickening.
- 4 Slowly add the corn flour mixture to the chilli sauce, simmer and keep stirring until it is thickened.
- 5 Remove from the heat, place into a food processor and blend until smooth.





# Avocado with [gourmet mixed sprouts](#) Canapés

2 avocados (de-stoned and peeled)

240g of chickpeas (1 can drained)

1/2 lemon (juice)

1 tbsp of oil

1 garlic clove

1/4 tsp of chilli flakes

Pinch of salt and pepper

Tortilla wraps

bioSnacky® [Gourmet Mix sprouts](#)

1/2 cucumber

Sun-dried tomatoes + finely chopped or grated carrot (optional)

## To make the avocado hummus

- 1 Drain the chickpeas and place them into a food processor/blender along with the avocados, lemon juice, oil, garlic clove, chilli flakes, salt and pepper.
- 2 Whizz up until smooth.



## To make the tortilla chips

- 1 Using a circular cookie cutter, cut out circles from the tortilla wraps and press them into a cupcake/muffin tin.
- 2 Pop them into the oven to bake on 180 degrees C for around 5-7 minutes. Bake until the tortilla cups are turning brown and crispy.
- 3 Once baked, spoon a teaspoon amount of avocado hummus into each cup. You could even serve on cucumber slices or anything you prefer. Then add the juicy sundried tomatoes, a sprinkling of carrot and a handful of gourmet mix sprouts.

# Vegan with [alfalfa sprouts](#) Burger

1 white onion

10g of sun-dried tomatoes (drained)

Handful of fresh basil

800g of chickpeas (drained)

1 garlic clove

A sprinkle of [New Herbamare® Spicy](#)

2 tbsp of quinoa flour (or rice flour)

## How to make the burger

- 1 Preheat the oven to 180 degrees C and line a baking tray with grease-proof paper.
- 2 Finely chop the onions and place them into a food processor/blender along with the sun-dried tomatoes, fresh basil, chickpeas, garlic and Herbamare® Spicy. Whizz up until combined.
- 3 Place the mixture into a mixing bowl and fold in the quinoa flour.
- 4 Form the mixture into medium-sized burgers and place onto the lined baking tray and bake for 20-25 minutes, turning them over halfway



though cooking.

- 5 Once the burgers are fully cooked, carefully remove them from the oven.
- 6 Slice a bread roll and layer with fresh green salad and large tomato slices. Add on the burger, topped off with avocado slices and bioSnacky® Alfalfa sprouts for added goodness and flavour.

“Our [new Herbamare® Spicy](#) is now even spicier! Its blend of organic herbs and vegetables, sea salt and chilli powder help to spice up any dish.”



## Broccoli, Kale & Sweet Potato

with [fitness mix sprouts](#)

# Soup

- 1tbsp of light olive oil
- 3 medium onions (roughly chopped)
- 1 large garlic clove (chopped)
- 4 medium sweet potatoes (peeled & chopped)
- A sprinkle of [New Herbamare® Spicy](#)
- 1 tbsp [Herbamare® Bouillon \(vegetable stock\)](#)
- Large handful of kale
- 1 large broccoli head (cut into florets)
- bioSnacky® Fitness Mix sprouts

### How to make the soup

- 1 In a large pan or wok, heat the oil on a low heat.
- 2 Once the oil is hot, add in the chopped onions and garlic, and fry on a low heat for around 4-5 minutes. Make sure the onions do not burn. Stir occasionally.
- 3 Add the chopped sweet potatoes into the pan/wok and stir in well. Sprinkle in some [Herbamare® Spicy](#) for an added kick.

- 4 Put a lid onto the pan and leave for about 3-4 minutes whilst preparing the vegetable stock.
- 5 When the stock is ready, pour it into the pan and mix until combined.
- 6 Place the lid on and bring the potatoes to the boil, then simmer for 5 minutes.
- 7 Add the washed & chopped kale & broccoli to the pan. Make sure the ingredients are covered, if not add some extra water.
- 8 Bring back to the boil, then simmer again for a further 8-10 minutes with the lid on the pan, making sure to stir occasionally.
- 9 Once simmered, pour the soup mixture into a food processor/blender and whizz up until smooth and creamy.
- 10 Stir in some sprouts and sprinkle in some [Herbamare® Spicy](#).



## Mixed bean

with [little raddish](#) & [red clover sprouts](#)

# Salad

### Drizzle

- 1 lime (juice)
- 1 avocado
- 1 garlic clove (crushed)
- 3 tbsp of light oil
- 25ml water
- Pinch of salt + pepper

### Salad

- Large handful of bioSnacky® little radish & red clover sprouts
- 1 can of cannellini beans (washed & drained)
- 1 can of kidney beans (washed & drained)
- 1 red pepper (sliced)
- 1 yellow pepper (sliced)
- 6 cherry tomatoes (halved)
- 1 red onion (finely sliced)
- Handful of coriander
- Romaine lettuce leaves

### How to make the drizzle

- 1 Place all of the ingredients into the blender and whizz up until smooth.

### How to make the salad

- 1 Combine all of the ingredients (apart from the lettuce leaves) into a mixing bowl and mix until fully combined.
- 2 Fill the lettuce leaves with the salad and top off with the avocado drizzle and more sprouts
- 3 Serve and enjoy!.

### Red Clover for menopause

Red clover sprouts are thought to support oestrogen levels, making them a great choice during the menopause!



# Choose your favourite Sprout

## Our single seed types:

- [Alfalfa](#)
- [Broccoli rapini](#)
- [Mungbean](#)
- [Little radish](#)
- [Red clover](#)



## Or why not try a mix?

- **Fitness Mix**  
(containing white radish, mung bean and wheat)
- **Gourmet Mix**  
(containing lentils, white radish and arugula/rocket)
- **Mild Aromatic Mix**  
(containing lentils, mung bean and white radish)
- **Wellness Mix**  
(containing red clover, white radish, mung bean and lentil)

[avogel.co.uk/sprouts](http://avogel.co.uk/sprouts)

### Little Radish

Our Little Radish sprouts have a strong, spicy flavour which makes them perfect with lighter dishes like salads.

# Sprouting made easy with our Seed Sprouters!

While you can grow sprouts in empty jars, the most reliable results are found with a bioSnacky® seed sprouter. These are specially designed to allow water to drain easily, allowing healthy sprouts to grow.

The [three-tiered sprouter](#) allows you to grow different kinds of sprouts on each level, or sow sprouts at intervals to ensure a constant supply! As one layer is ready to harvest, the rest will still be growing or germinating. Water is added to the top layer and trickles down through the layers before draining.



### Don't need three tiers? Try our small sprouter

Our small glass sprouter allows you to grow one batch at a time. Simply add seeds and water, replace the lid and turn upside down to let the water drain out.





# More sprout recipes?

Visit [www.avogel.co.uk/food/recipes](http://www.avogel.co.uk/food/recipes)

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A special thank you to Holly Jade for her delicious recipes! For more tasty recipe ideas head to [www.thelittleblogofvegan.com](http://www.thelittleblogofvegan.com)

## Ask the health helpline

If you have any questions or are looking for personal health advice, call the A.Vogel health hotline (Mon-Fri 9am-5pm) on 0845-608-5858 or send an email to [helpline@avogel.co.uk](mailto:helpline@avogel.co.uk)



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