

Sea Vegetable Recipes

Seaweed & Sesame Seasonings



Sprinkle liberally to transform rice, vegetables (roasted, blanched or raw), or add to savoury baking. Sprinkle on dips or garnish pasta, noodles, soups and stir fries. Add to salads, poke bowls, fish, chicken and leftovers for a nutrient and flavour boost... the options are endless.

Garlic Baked Potato



Ingredients

- ~ 4 large potatoes
- ~ Kelp Salt to taste

Garnish

- ~ Knob of butter
- ~ Sour cream to taste
- ~ 1 tbsp Garlic Seaweed & Sesame Seasoning
- ~ Black pepper

Directions

Preheat oven to 225°C. Scrub the potato skins clean and cut a 'cross' on the top, slicing 1/3 of the way down the potato. Lay them on a baking sheet and sprinkle quite generously with Kelp Salt (to make the skin crunchy). Bake for one hour or until done. When cooked, press the potato around the cut to make the flesh visible and protrude slightly. Add butter or sour cream and sprinkle generously with Garlic Seaweed & Sesame Seasoning. *Serves 4.*

Roasted Pumpkin



Ingredients

- ~ Half a pumpkin, cut into wedges (4-5cm thick)
- ~ Drizzle of olive oil
- ~ Chilli (or garlic) Seaweed & Sesame Seasoning

Method

Preheat oven to 200°C and line an oven-proof tray with baking paper. With a pastry brush, or your fingers, 'paint' the pumpkin wedges with enough oil to help the seasoning stick. Bake for 30-40 minutes until cooked and golden brown. Using a tablespoon, sprinkle the pumpkin pieces with a generous lashing of chilli seasoning. Place back in the oven for a further 5 minutes. Take out of oven, serve and enjoy! *Serves 4.*

Citrus Chicken Kebab



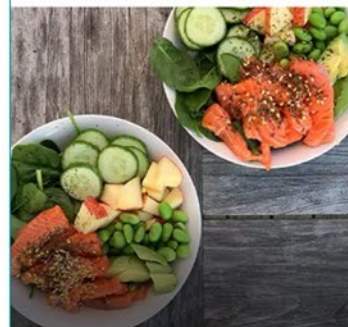
Ingredients

- ~ 4 skinless, boneless chicken breasts or thighs
- ~ 4 tbsp Citrus Seaweed & Sesame Seasoning
- ~ Juice & zest of 2 lemons
- ~ 1 lemon, thinly sliced
- ~ 1/3 cup olive oil
- ~ 1 clove garlic, crushed
- ~ Salt & pepper to taste
- ~ Wooden skewers

Method

Soak wooden skewers in water for at least 30 minutes. Cut chicken breasts into chunky cubes and place in a bowl with the lemon juice & zest, oil and garlic. Cover and leave to marinate for a few hours. Pre-heat the grill to 200°C. Thread the chicken pieces tightly onto skewers, occasionally weaving in a thin lemon slice, until all the chicken has been used. Sprinkle the kebabs generously with the Citrus Seaweed & Sesame Seasoning and place the skewers on a rack in a heatproof dish. Position the dish so that the skewers are about 4 inches from the grill. Cook for about 10 minutes on each side or until cooked through. *Serves 4.*

Salmon & Edamame Poke Bowls



Ingredients

- ~ 200g smoked salmon
- ~ 1 cup edamame beans
- ~ 2 cups of spinach
- ~ 1/3 tele-cucumber, sliced
- ~ 1/2 apple, chopped into small chunks
- ~ 1 avocado, sliced
- ~ 1 tbsp tamari or soy sauce
- ~ 2 tsp Chilli Seaweed & Sesame Seasoning

Directions

Divide the spinach into two separate bowls. Divide the salmon, edamame, cucumber, apple and avocado and place in the two bowls. Drizzle soy sauce over the two bowls and garnish with Chilli Seaweed & Sesame Seasoning. *Serves 2.*