

Sea Vegetable Recipes

KELP



Offering high levels of naturally occurring iodine and other minerals, Kelp is a nutritious seasoning and functional food. Use it as a mineral rich alternative to salt, before during or after cooking. Try it as a tenderising, flavourful rub or to marinade meat and beans. Add to porridge and smoothies.

Guacamole with Garlic Kelp



Ingredients

- ~ 2 ripe avocados, halved, stone removed and peeled
- ~ 1/2 red onion, finely chopped
- ~ 1 red chilli, seeds removed & finely chopped
- ~ 1 tsp ground cumin
- ~ 1 tsp ground coriander
- ~ 1/2 tsp Garlic Kelp seasoning
- ~ 1/4 cup fresh coriander leaves, chopped
- ~ 2 tbsp lime juice
- ~ Freshly ground black pepper
- ~ Corn chips to serve

Directions

Toast the cumin & ground coriander in a shallow pan over a medium heat until aromatic (about 1 minute). In a bowl, mash the avocados until smooth, add all the other ingredients and combine well. Serve with corn chips. **Serves 6.**

Roasted Cauliflower with Chilli Kelp



Ingredients

- ~ 1 head cauliflower
- ~ 2-3 tbsp olive oil
- ~ 2 tbsp Chilli Kelp
- ~ 1 tsp ground cumin
- ~ 1/8 tsp cayenne pepper
- ~ 2 tbsp fresh lime juice
- ~ Chopped coriander leaves (optional)

Directions

Pre-heat oven to 225°C. Cut the stems & leaves off cauliflower while keeping the head intact. Wash and pat dry. Place cauliflower on a baking tray lined with a baking sheet. Drizzle olive oil over cauliflower and spread evenly with a pastry brush. Mix the spices together and sprinkle on the cauliflower head, coating it evenly. Press the spices on the vegetable so it sticks to the olive oil. Bake for 40-45 minutes or until a knife slides into it easily. Remove from oven, drizzle with lime juice and top with coriander. **Serves 4.**

Healthy, Dairy Free, Banana Muffins



Ingredients

- ~ 3 ripe bananas, mashed
- ~ 1/3 cup olive oil
- ~ 2 tbsp honey (can omit if wanting low-sugar)
- ~ 1/4 cup plant based milk
- ~ 2 tsp Kelp Seasoning
- ~ 1 cup rolled oats
- ~ 1 cup almond meal
- ~ 1 tsp vanilla bean paste or essence
- ~ 1 tsp cinnamon
- ~ 1/2 tsp baking soda

Directions

Preheat oven to 180°. Mash bananas in a mixing bowl until mostly smooth. Add the wet ingredients- oil, eggs, milk sweetener and vanilla bean. Mix until well combined. Next, add all of the dry ingredients into the same bowl and mix until smooth with no clumps. Spoon into muffin moulds. If available, use silicone moulds to ensure non-stick, otherwise grease regular muffin tins. Bake for 16 minutes until lightly golden and a knife comes out clean. **Serves 8.**

Green Vegetables with Lemon Kelp



Ingredients

- ~ 4 cups of fresh green vegetables (broccoli, asparagus, beans, etc)
- ~ 2 tbsp oil (olive, macadamia, avocado, etc)
- ~ 2 tsp Lemon Kelp seasoning

Directions

Blanch or steam the vegetables leaving them 'al dente' and bright green. Once cooked, cool the vegetables down quickly in cold water. On a serving plate, drizzle with olive oil and sprinkle Lemon Kelp. **Serves 4.**

Ceviche with Lemon Kelp



Ingredients

- ~ 500g very fresh fish
- ~ 1 small red onion, finely chopped
- ~ 2 tbsp small capers
- ~ 2 small colourful capsicums, finely chopped
- ~ Juice of 6 limes & zest of 1
- ~ 3 tbsp lime flavoured avocado oil
- ~ 1/2 tsp lemon Kelp
- ~ Bruised kaffir lime leaf
- ~ Handful corriander leaves coarsley chopped
- ~ One small chilli, finely chopped

- ~ 200ml coconut cream
- ~ Freshly ground pepper
- ~ Lettuce to serve
- ~ Fresh chopped parsley to garnish (optional)

Directions

Rinse fish under cold water and pat dry. Slice into fine pieces and arrange in a glass bowl. Add all ingredients except coconut and marinate for 6 hours. Drain some of the lime juice off and add coconut cream before serving. Season with salt, pepper and Lemon Kelp seasoning to taste. Serve on lettuce leaves. **Serves 4.**

Grilled Chicken with Lemon Kelp & Corriander



Ingredients

- ~ 1kg boneless chicken breasts
- ~ 3 tsp Lemon Kelp seasoning
- ~ 2 tbsp olive oil
- ~ Grated zest of 2 fresh limes
- ~ Juice of 2 limes (about 1/4 cup)
- ~ 3 tbsp corriander leaves, chopped
- ~ Freshly ground black pepper
- ~ Kelp Salt to taste

Method

Place the chicken breast between 2 sheets of biodegradable plastic wrap (or baking paper) and pound to an even thickness with a meat mallet or rolling-pin. Rub the chicken with Lemon Kelp and Kelp Salt and place in a bowl with the lime juice, zest and pepper. Cover and marinate in the fridge for 30 minutes or ideally overnight.

Preheat the grill to medium-high heat (alternatively BBQ or oven top element). Remove the chicken from the fridge and from the marinade.

Brush olive oil over the chicken and then grill for a few minutes on each side until cooked throughout. Sprinkle with chopped corriander and serve with lime wedges. **Serves 6.**

Quinoa, Black Bean & Kelp Patties



Ingredients

- ~ 100g quinoa
- ~ 200ml water
- ~ 1 vegetable stock cube
- ~ 1 can black beans (drained, rinsed & patted down)
- ~ 1 tbsp extra virgin olive oil
- ~ 2 garlic cloves (minced)
- ~ 1 medium finely chopped red onion
- ~ 2 tbsp tomato paste
- ~ 2 tsp Power of Three seaweed flakes
- ~ 1 tsp cayenne pepper
- ~ 1 tsp paprika
- ~ 1 tsp Chilli Kelp or Garlic Kelp
- ~ 1 tbsp flour (GF optional)

Directions

Preheat oven to 180°. Rinse quinoa, place in a saucepan with water and vegetable stock cube and bring to boil. Reduce to a simmer, cover and cook for 10-15 minutes, until water has been absorbed.

Meanwhile, saute red onion and garlic in olive oil until golden brown and then set aside. Mash rinsed black beans in a large bowl with a fork, leaving some larger chunks of beans. Add the onion and quinoa to the bean mix along with the tomato paste, power of three, cayenne pepper, paprika and Chilli Kelp. Mix until combined.

Divide bean mixture into 6 balls and flatten into patties. Place patties on a parchment paper lined baking sheet. Bake for 10 minutes on each side (20 minutes total). **Serves 6.**

Prawns with Chilli Kelp Seasoning



Ingredients

- ~ 12 green prawns, peeled, tails left on
- ~ 1 tsp crushed garlic
- ~ Sprinkle of garlic Kelp
- ~ 1/2 tsp chilli flakes
- ~ Sprinkle of chilli Kelp
- ~ 1/2 tbsp tomato paste
- ~ Splash of white wine
- ~ 1/3 cup olive oil
- ~ Handful of chopped parsley
- ~ Freshly ground black pepper

Directions

Warm olive oil in a shallow pan. Add garlic, chilli flakes & tomato paste, and allow to soften without browning. Add the prawns and cook quickly turning them over, until they turn pink (you can have them with or without skewers).

Next, add wine, kelp flavours (which replace salt) and pepper. Swirl around for a few seconds to warm up evenly. Serve with lemon wedges and crusty bread. **Serves 2.**