



# Pacific Harvest Seaweed Recipes

Celebrating 20 years!



Small Serves, Big Impact  
Good for You, Good for our Planet



## In 2022 we celebrate our 20th birthday- almost grown-ups!

Our purpose has never been clearer- to nourish & restore people and the planet naturally ~ leaving the lightest footprint we possibly can, while delivering a delicious range of ethically harvested, nutrient dense sea vegetables.

We are on a mission to make it easier to eat a little seaweed everyday and hope you will enjoy this special collection of our most popular seaweed recipes, as a gift to our community, which has continued to grow over the last two decades.

Our hope is that you will be inspired by, and in awe of, the versatility, deliciousness and incredible health benefits our seaweed range offers.

Thank you for your support, and enjoy! Please share your creations with us via our social channels and help us spread the seaweed word!



@pacificharvest



@pacific\_harvest



Pacific Harvest





# Contents

Seaweed Type	Page
Seaweed Seasonings ~ Using Seaweeds Daily	6-7
Agar	8-9
Dulse	10-11
Irish Moss	12-13
Kelp	14-15
Kombu	16
Nori (Karengo)	17-18
Sea Chicory	19
Sea Lettuce	20
Sea Spaghetti	21
Wakame	22-23
Summary of the flavours & textures of different seaweed types	24



# Contents

Recipe Type	Page
<b>Baking &amp; Deserts (Sweet &amp; Savoury)</b>	
Blanc- Mange	12
Cheese Scones	10
Cherry Chocolate Avocado Pudding	13
Chocolate Fondant with Ginger	18
Coconut Jelly with Berries	9
Gluten Free Chocolate Tart	9
Goat Cheese Pastries	20
Healthier Banana Bread	20
Healthy Banana Muffins (DF)	14
Orange Tart	8
Panna Cotta	9
Plant Based Chilli Chocolate	7
Sweet Milk Custard	19
Vegan Creme Brulee	9
Vegan Jelly	8
White Chocolate Cookies	21
<b>Breakfasts &amp; Smoothies</b>	
Detoxifying Dulse Smoothie	10
Cacao Granola	17
Irish Moss Gel	12
Irish Moss Smoothie Secrets	13
Olivia's Irish Moss Smoothie	12
<b>DIY Home Treatments</b>	
DIY Home Treatments	13
Traditional Remedy for Cough and Colds	13
<b>Dressings, Sauces, Butters</b>	
Fat Free Dressing with Tarragon	8
Irish Moss in Dressings and Sauces	13
Sea Lettuce Butter	20
<b>Fish</b>	
Ceviche with Lemon Kelp	15
Fish Pie	11
Kombu Cured Tuna	16
Oven Baked Salmon	23
Prawns with Chilli Kelp	15
Salmon & Edamame Poke Bowls	6
Tuna Poke Bowl	19
Wrapped Salmon in Kombu	16
<b>Meat &amp; Chicken</b>	
Citrus & Chicken Kebab	6
Grilled Chicken with Lemon Kelp	15



# Contents

Recipe Type	Page
<b>Pasta &amp; Risotto</b>	
Buckwheat Pumpkin Risotto	20
Roasted Mushroom, Feta Pasta	11
Wakame Pesto Pasta	23
<b>Salads</b>	
Edamame Salad with Avocado	21
Ginger & Carrot Salad	21
Japanese Cucumber Wakame Salad	22
Radish & Pear Salad with Miso Dressing	22
Raw Vermicelli Salad with Edamame	23
Raw Zucchini Salad	19
Simple Seaweed Salad with Wakame	22
Soba Noodle Salad	7
Sprout & Cucumber Salad	19
Wild Rice Salad	18
<b>Snacks</b>	
Dulse Chips	10
Dazzling Crispy Crackers	17
Dulse Pesto	11
Guacamole with Kelp	14
Macadamia Pesto	17
Nori, Tamari & Sesame Almonds	18
Roasted Pineapple Salsa	11
<b>Soups &amp; Stocks</b>	
Butternut Squash Soup	10
Chicken & Kale Soup	21
Kombu Stock	16
Miso Soup with Wakame	22
Nourishing Broccoli Soup	13
Traditional Kombu Dashi	16
<b>Vegetable Dishes</b>	
Broad Bean Stir Fry	18
Garlic Baked Potato	6
Green Vegetables with Kelp	14
Grilled Asparagus	7
Guacamole with Kelp	14
Quinoa, Black Bean and Kelp Patties	15
Raw Nori Nourish Bowl	17
Roasted Cauliflower with Kelp	14
Roasted Pumpkin	6
Roast Vegetable Salad	7
Sweet Potato Cakes	23

# Using Seaweeds Daily ~ 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 tsp 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 Seaweed & Sesame Seasoning. Place back in the oven for a further 5 minutes. Take out of oven, serve and enjoy! Serves 4.

## Citrus Chicken Kebab



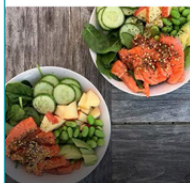
### Ingredients

- ~ 4 skinless, boneless chicken breasts or thighs
- ~ 4 tsp 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 tsp tamaril 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.

## Soba Noodle Salad



### Ingredients

- ~ 250g soba noodles
- ~ 1/2 cup steamed broad beans or edamame
- ~ 2 small bok choy, cut finely
- ~ 1/2 cup mushrooms, sliced
- ~ 3 green onions, thinly sliced
- ~ 1 tbsp grated ginger
- ~ 1/2 tbsp minced garlic
- ~ 2 tbsp Chilli Seaweed & Sesame Seasoning

### Dressing

- ~ 1/4 cup water
- ~ 1/4 cup olive oil
- ~ 1/3 cup soy sauce
- ~ 1 tbsp brown sugar
- ~ Few drops of Tabasco sauce

### Directions

For the dressing, mix all dressing ingredients until sugar is dissolved. Set aside. Heat a drizzle of olive oil in a pan on a medium-high heat and saute garlic & ginger until fragrant. Add mushrooms and continue cooking until tender & golden. Add bok choy and most of the green onion and cook al dente. Turn heat off and add dressing, stir. Warm/cook the beans and discard the pod or thick skin. Cook soba noodles in boiling salt water according to packet instructions. Drain in a colander & rinse under cool water to stop cooking. Drain well. Transfer to a large bowl and toss with Chilli Seaweed & Sesame Seasoning, vegetable mixture and beans. Serve and enjoy! Serves 3.

## Grilled Asparagus



### Ingredients

- ~ 1 bunch of fresh asparagus spears
- ~ Drizzle of olive oil
- ~ 2 tsp Citrus Seaweed & Sesame Seasoning
- Alternatively try Garlic or Chilli
- ~ Wooden skewers

### Directions

Soak wooden skewers in water for at least 30 minutes. To trim the base of the asparagus, hold the base of the stalk with one hand and bend the stalk over with the other hand. The asparagus will break where the woody part ends and the tender part begins. Discard the base. Make the 'asparagus rafts' by placing 4-5 stalks next to each other and push a skewer through crosswise. The first one just below the tips and the second 3cm from the bottom. Use slender bamboo skewers. Brush the asparagus on both sides with extra-virgin olive oil. Season with freshly ground black peppercorns if desired. Grill the asparagus on a barbecue or in a grill pan for 4-5 minutes per side. Once cooked, sprinkle with Citrus Seaweed & Sesame seasoning. Enjoy! Serves 4.

## Plant Based Chilli Chocolate



### Ingredients

- ~ 120g cacao butter (melted, using a double boiler)
- ~ 1/2 cup + 1 tbsp cacao powder
- ~ 1/4 cup maple syrup
- ~ 1 tsp vanilla bean
- ~ 1 tbsp Chilli Seaweed & Sesame Seasoning

### Directions

Finely chop or grate cacao butter so that it is an even consistency. Transfer to a double boiler and stir consistently until the cacao butter has turned to liquid. Remove from heat.

Add all remaining ingredients, except Chilli Seaweed & Sesame Seasoning, to the cacao butter. Sift the cacao powder to ensure there are no clumps. Taste and adjust if need be by adding more cacao powder or more maple syrup. Pour mixture onto a lined tray or tin and spread evenly. Refrigerate for 5 minutes until the chocolate has slightly hardened and then sprinkle the Chilli Seaweed & Sesame Seasoning evenly.

Place back in the fridge for 2+ hours, until hardened, then break into pieces. Enjoy! Serves 10.

## Roast Vegetable Salad



### Ingredients

- ~ 400g pumpkin
- ~ 125ml olive oil
- ~ 450g baking potatoes, scrubbed & halved
- ~ 120g un-sliced rye bread, coarsely torn (or GF bread alternative)
- ~ 1 large red onion, cut into wedges
- ~ 2-3 tbsp Garlic Seaweed & Sesame Seasoning
- ~ 2 bunches of carrots, halved
- ~ 1 head of cos lettuce, torn
- ~ 1 head of garlic, separated into cloves
- ~ 2 cups of baby rocket leaves
- ~ 45ml red wine vinegar

### Directions

Pre-heat oven to 180°C. Peel & chop vegetables into bite-size pieces. Combine the pumpkin & potato with a bit of the oil in a bowl. Season with Garlic Seaweed & Sesame Seasoning. Scatter on a large roasting pan with the onion, carrots and garlic and about 40ml of the olive oil and roast until tender (about 45 minutes). Meanwhile, scatter bread in a single layer over a separate roasting pan. Drizzle with 2 tbsp olive oil. Roast until golden and toasted (about 10 minutes). Combine vegetables and bread in a serving bowl and add the cos and rocket leaves. Combine remaining olive oil and vinegar in a small bowl and drizzle over the warm salad. Serves 4.

# Agar

Agar powder is a nutrient rich plant-based alternative to gelatin, a thickener for soups and dressings, to make fruit preserves, vegan ice cream, jellies, cheesecakes and other desserts.



## Orange Tart



### Ingredients

#### Pie Crust

- ~ 2 cups butternut snap biscuit crumbs
- ~ 70g butter, melted
- ~ 50g toasted silvered almonds

#### Garnish

- ~ 3 oranges, sliced thin
- ~ Icing sugar for dusting

### Filling

- ~ 650ml cream (or non-dairy equivalent- soy/coconut)
- ~ Zest of 2 oranges
- ~ 100g caster sugar (or sugar substitute)
- ~ 2 tsp Agar powder
- ~ 3 tbsp orange liqueur (or orange water)
- ~ 250ml cream for whipping

### Directions

#### For the crust:

Combine the biscuit crumbs, butter and nuts. Press the mixture into a tart dish and chill until firm.

#### For the filling:

Pour 650ml cream into a pan and sprinkle with the Agar. Using a whisk, mix to combine and let stand for 10 minutes for the Agar to swell. Make an orange cream by adding orange zest, orange liqueur and sugar to the Agar mixture. Stir to mix and place the pan on medium heat. Bring to the boil then simmer for 2-3 minutes while stirring, until the Agar and sugar are dissolved. Remove from the heat.

In a separate bowl, whip the 250ml of cream until firm. To combine, add 1/3 of the orange cream to the whipped cream and mix well with a whisk. Continue adding the remaining orange cream until combined thoroughly. Ladle the mixture into a bowl and refrigerate to set (about 30 minutes). Spoon the cold custard into the crust.

#### For the garnish:

Arrange the orange slices on the tart. Dust with icing sugar, caramelize under the grill, and refrigerate for 1 hour until set well. Serve at room temperature for maximum flavour.

Serves 6.

## Fat Free Dressing with Tarragon



### Ingredients

- ~ 500ml apple juice
- ~ 50g whole grain mustard
- ~ 200ml cider vinegar
- ~ Tarragon sprig, chopped
- ~ 1/2 tsp Agar powder
- ~ Roasted garlic clove, crushed
- ~ Salt & pepper to taste

### Directions

In a pot, sprinkle the Agar on half of the apple juice and let stand for 10 minutes. Meanwhile, in a different dish, combine the other ingredients with the rest of the apple juice. Bring the Agar mixture to a simmer (90°) on a medium heat while mixing with a whisk. You will feel the texture change as the Agar melts and the jelling properties are activated. Remove from the heat and combine with the rest of the ingredients. The dressing will set at room temperature and continue to stiffen over the next hour. Conserve in the fridge in jars. Serves 4.

## Vegan Jelly



### Ingredients

- ~ 1 cup of juice (or 1/2 cup blackcurrant powder in 1 cup of water)
- ~ 1 tsp Agar powder
- ~ 1/2 cup maple syrup or 1 tsp honey - or to taste

### Directions

Pour the liquids into a cooking pot and sprinkle the Agar powder and sweetener of your choice. Using a whisk, mix to combine and let stand for 10 minutes for the Agar to swell. Place the pot on a medium heat. Warm to dissolve the Agar & sweetener, while stirring. When the mixture reaches a boil, simmer for 2 minutes while stirring to make sure all is dissolved. Remove from the heat and ladle immediately into a flat dish. The mixture will set at room temperature. Refrigerate for a faster, stronger set. Before serving, cut the jelly into bite-size shapes. Serves 6.



## Coconut Jelly with Berries



### Ingredients

- ~ 500ml (2 cups) coconut water
- ~ 1 flat tsp Agar powder
- ~ 200g mixed berries, plus extra for serving
- ~ Flesh of 1 young coconut, (120g) chopped
- ~ 1 tbsp chia seeds

### Directions

Line six 125ml ramekins or jelly cups with biodegradable film wrap. Place 1/2 cup of the coconut water in a small saucepan and sprinkle the Agar powder over the surface. Allow the Agar powder to absorb moisture from the coconut water for 5 minutes. Place the pan over medium heat and bring to a simmer whilst stirring continuously until the Agar has completely dissolved. Remove from the heat and set aside.

In a bowl, whisk the remaining coconut water. Stir in the Agar mixture, then pour the jelly mixture into the moulds to three-quarters full. Add some berries and the coconut flesh and sprinkle on some chia seeds. Stand the Jellies at room temperature until set or chill to accelerate setting.

Remove the jellies from the moulds by turning out onto serving plates and pulling on the film wrap edges. Serve with a scattering of fresh berries. Serves 4.

## Vegan Crème Brûlée



### Ingredients

- Vanilla custard**
- ~ 1 cup full fat coconut (thickened cream, leave the liquid behind)
- ~ 1/3 cup organic soy or almond milk
- ~ 1 tbsp cornstarch
- ~ 1 tbsp superfine raw sugar
- ~ 1 tsp pure vanilla extract
- ~ 1/4 tsp turmeric
- ~ 1/2 tsp Agar powder

### Caramelized top

- ~ 1 tbsp superfine raw sugar

### Directions

To make the vanilla custard, in a medium bowl combine cornstarch, soy milk, vanilla and mix well. Pour cornstarch, milk mixture, coconut cream & sugar into a saucepan and cook on a medium-high heat. When the mixture starts to boil, add turmeric & Agar, constantly stirring until Agar has completely dissolved. Strain mixture through a mesh sieve over a small bowl. Pour mixture into the ramekins, let cool down, then set in the fridge for at least 2 hours. When the vanilla custard is fully set, top each custard with about 1-2 teaspoon of sugar in a thin layer. Using a kitchen torch, melt the sugar and form a crispy top. Allow the creme brulee to rest in the fridge for at least 5 minutes before serving. Serves 4.

## Plant Based, Gluten Free Chocolate Panna Cotta Tart



### Ingredients

#### Crust

- ~ 1 cup gluten-free oat flour
- ~ 1/3 cup quinoa flakes
- ~ 1/2 cup almond meal
- ~ 1 tbsp cacao nibs
- ~ 2 tbsp cacao powder
- ~ 4 tbsp coconut oil

### Filling

- ~ 1 & 1/2 cup full fat coconut cream
- ~ 1 cup oat milk

- ~ 2 tbsp pure maple syrup
- ~ 150g dark chocolate, melted
- ~ 2 tsp Agar powder

### Directions

Preheat oven to 180° celsius. Grease a 20cm tart pan & set aside. In a food processor, combine quinoa flakes, oat flour, almond meal, cacao nibs & cacao powder. Then add the coconut oil & maple syrup and pulse until combined. You should get a moist mixture that can be easily moulded.

Firmly press mixture into the bottom and up the sides of a tart tin. Bake for 15 minutes until the crust is golden brown. Transfer to a wire rack and let it cool.

To make the filling, combine the cream, milk & sweetener in a saucepan. Bring to the boil and then add melted chocolate. Whisk in the Agar powder. Let it simmer for 3 minutes until the Agar is dissolved. Fill the mixture into the cooled tart. Let sit in the fridge to set for about 4 hours. Garnish the tart as desired and enjoy! Serves 6.

## Panna Cotta



### Ingredients

- ~ 1 cup coconut cream
- ~ 1 cup almond milk (or any substitute milk)
- ~ 100g vanilla sugar (or less, to taste- or sugar substitute like stevia)
- ~ 1 tsp Agar powder
- ~ 3 tbsp coconut liqueur (optional)
- ~ Fresh or stewed fruits to garnish

### Directions

Pour the liquids into a cooking pan and sprinkle with Agar powder. Using a whisk, mix to combine and let stand for 10 minutes for the Agar to swell. Add sugar to the Agar mixture. Stir to mix the ingredients and place the pan on a medium heat. Allow to warm while stirring to dissolve the sugar & Agar. When the mixture starts to boil, allow to simmer for 2-3 minutes, then remove from heat. Add liqueur if using. Ladle the mixture into serving bowls and stand until set. To serve, decorate with fruit. Serves 4.

# Atlantic Dulse

Nutritious Dulse adds a unique smoky flavour. Try with eggs, savoury baking, poke bowls & smoothies.



## Cheese Scones



### Ingredients

- ~ 2 cups self-rising flour (or gluten-free option)
- ~ 2 tbsp Dulse flakes
- ~ 1 & 1/2 cups grated tasty cheddar cheese
- ~ 3 tbsp finely grated parmesan cheese
- ~ 1/3 cup unsalted butter
- ~ 1/3 cup milk
- ~ 2 large eggs, beaten
- ~ 1/4 tsp salt
- ~ 2 tsp of Chilli Kelp (optional)

### Directions

Pre-heat oven to 220°C. Line a biscuit tin with baking paper. Sift the flour, salt & chilli (if using) into a bowl. With a fork or two knives, rub in the butter until the mixture resembles coarse crumbs. Stir through 2/3 of the cheddar cheese & Dulse flakes.

In a small bowl, stir together the eggs and milk. Add to the flour mixture and incorporate briefly with a knife. Turn onto a floured board and shape into a circle. Sprinkle with the rest of the cheddar, Dulse flakes & parmesan. Cut into squares and transfer onto the baking sheet.

Bake in the middle of the oven for 10-17 minutes, depending on the size of the scones, until golden. Serves 8.

## Dulse Chips



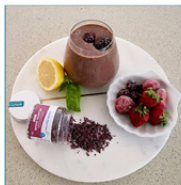
### Ingredients

- ~ 1 tsp coconut oil
- ~ 2g Dulse leaves

### Directions

Separate the Dulse leaves until you have a single layer. Put a teaspoon of coconut oil into a fry pan and melt on a low heat. Add the Dulse leaves and cook very gently for about 1 minute or until crispy. Enjoy! Serves 1.

## Detoxifying Dulse Smoothie



### Ingredients

- ~ 1 tsp Dulse flakes
- ~ 1/2 cup frozen berries
- ~ 1/2 banana
- ~ Juice of 1/2 a lemon
- ~ 1 cup spinach
- ~ 1 tbsp chia seeds
- ~ 1/4 avocado
- ~ 1 tbsp collagen powder
- ~ 1.5 cups plant-based milk or water

### Directions

Add all ingredients to a blender and blend until smooth. Serves 1.

## Butternut Squash Soup



### Ingredients

- ~ 1 large butternut squash
- ~ 1 head of garlic
- ~ Olive oil to roast the squash
- ~ 500ml of vegetable stock
- ~ 1 tbsp Kelp seasoning
- ~ Kelp salt & pepper to taste

### Garnish

- ~ 1 small tin of coconut cream
- ~ Smoked Dulse flakes (1/3 tsp per person or to taste)
- ~ Black sesame seeds to garnish
- ~ Chopped parsley & macadamia nuts (optional)

### Directions

Heat the oven to 200°C. Cut the squash in half lengthwise, sprinkle with oil and bake in the oven with the garlic for 30 minutes or until golden & tender. Cool for a few minutes so it can be handled. Spoon the golden flesh out & squeeze the cooked garlic cloves out of their skin and transfer into a food processor.

Add some of the stock and kelp seasoning and puree until smooth. Adjust the thickness of the soup to your liking by adding more stock. Add Kelp salt & pepper to taste.

To assemble, ladle the soup into warm bowls. Drizzle with coconut cream and garnish with Dulse flakes, black sesame seeds, macadamia nuts & parsley. Serves 6.

## Roasted Mushroom, Feta & Pasta



### Ingredients

- ~ 1/4 cup olive oil
- ~ Punnet of button mushrooms
- ~ 1 tsp Smoked Dulse flakes
- ~ 2 punnets of cherry tomatoes
- ~ Handful of fresh spinach
- ~ 200g of feta
- ~ Kelp Salt & pepper to taste
- ~ Fresh herbs to garnish
- ~ 1 packet of ribbon pasta

### Directions

Preheat oven to 200°C. Thinly slice mushrooms and chop tomatoes in half then place on a baking dish. Toss with olive oil, Smoked Dulse, Kelp Salt and pepper.

Once mixed add the feta to the centre of the dish. Place dish in the oven and cook for 40 minutes.

Boil water and cook pasta per packet instructions. Strain and set aside, mixing it with a dash of olive oil to ensure the pasta does not stick.

Once the vegetables are cooked, add the pasta to the baking dish, along with fresh spinach and herbs. and mix together. Serves 4.

## Roasted Pineapple Salsa



### Ingredients

- ~ 3-4 round slices of fresh pineapple
- ~ 1 tbsp Dulse flakes
- ~ 1/4 cup olive oil
- ~ 1/2 red onion (finely diced)
- ~ 1/4 cup coriander leaves
- ~ Juice of 1 lime
- ~ 1 fresh chilli, minced
- ~ Kelp salt & pepper to taste

### Directions

Roast the pineapple slices brushed with oil on both sides until brown (about 8 minutes). Let cool. Dice the pineapple and chop the other ingredients into small pieces. Stir all the ingredients together in a bowl and season to taste. Makes about 1 cup of salsa. Serves 4.

## Dulse Pesto



### Ingredients

- ~ 20g Dulse flakes
- ~ 50ml extra-virgin olive oil
- ~ 25g pine nuts, lightly roasted
- ~ 2 garlic cloves, crushed
- ~ 25g fresh basil leaves
- ~ 25g flat leaf parsley
- ~ 25g fresh parmesan cheese, grated

### Directions

Using a food processor, combine the seaweed with the other ingredients with pulse feature. Stop and turn ingredients over with a spatula and combine for 30 seconds.

By hand with a mortar and pestle, chop the ingredients finely and slowly, add the oil and cheese while mixing and churning with the pestle.

The oil helps incorporate the cheese and add to the taste, so choose high quality oil. Place the pesto in a tight jar (or simply in an air-tight plastic container), covered by a thin layer of extra-virgin olive oil, which helps keep it fresh for up to a week in the refrigerator.

## Fish Pic



### Ingredients

- ~ 750g assorted fish
- ~ 4 cups of milk
- ~ 2 bay leaves
- ~ 2 carrots, diced
- ~ 1 stick of celery, diced
- ~ 3 green onions, thinly sliced
- ~ 2 tbsp finely chopped parsley
- ~ 1/4 cup plain flour
- ~ 2 tbsp Dulse flakes or leaves
- ~ Mashed potatoes, seasoned with kelp salt, pepper & cream

### Directions

Pre-heat oven to 180°C. Chop the fish into medium sized chunks and lightly poach in milk with bay leaves, salt & pepper. Do not fully cook the fish. With a slotted spoon, place the fish in an ovenproof dish, set aside.

Add the chopped vegetables to a pan and saute until lightly cooked. Add butter and heat until foaming, then add the flour. Stir consistently for 1-2 minutes until bubbling then remove from heat.

Slowly add the strained poaching milk, whisking constantly, until smooth. Return to the heat and cook, stirring until the sauce comes to a boil, thickens, and coats the back of a spoon.

Add Dulse and gently combine with the fish mixture.

Cover with mashed potatoes and bake for 30 minutes, until browned. Sprinkle with fresh parsley, and serve with a fresh side salad or vegetables. Serves 6.

# Irish Moss

Use Irish Moss gel as an egg substitute in baking. Add gel to smoothies, broths, dressings, desserts as a nourishing supplement, or apply gel directly to skin.

Irish Moss is consumed in a different way to other commonly available seaweeds. Make the Irish Moss gel first using either of the recipes below, then add the gel to your recipe.



## Irish Moss Gel



### There are two methods:

- ~ Simmer (with heat) or
- ~ Soaking (raw)

### For either method

Rinse the dry Irish Moss seaweed thoroughly multiple times to remove any ocean debris, and to lighten the ocean aroma before you start.

Once the gel is prepared, it will set after its been in the fridge for around 2 hours. Store it in an airtight container in the fridge for up to 3 weeks.

### Simmer Method

Add one cup (or less if you require a soft set) of cleaned Irish Moss to two cups of filtered/spring water. Simmer slowly until most of the seaweed has dissolved (20 -25 minutes). Do not boil.

Blend with a blender until smooth, or if you prefer, remove any undissolved fragments by straining the solids through a sieve. Use a spoon to scrape the sieve if required.

Pour gel into a clean jar or mould to set.

### Soaking Method

Add one cup of cleaned Irish Moss into a bowl and cover it with enough filtered/spring water to submerge the seaweed (with a little extra over the top as the seaweed will expand and absorb the water. Cover it and leave for 12 - 24 hours. You don't need to put it in the fridge. As it soaks it will expand and absorb the water and become gooey/slippery to touch.

After soaking, use this mixture as is, or blend with a blender until smooth. Don't throw any of the water the moss has been soaking in away\*, OR, if you prefer, remove any undissolved fragments by straining the solids through a sieve. Use a spoon to scrape the sieve if required.

Pour into a clean jar or mould to set.

\* Use it on your skin or add it to your house plants if you don't want to use it in your gel.

## Blanc-Mange



### Ingredients

- ~ 12 grams dried Irish Moss seaweed
- ~ 2 cups full fat milk (or dairy free alternative)
- ~ 3 tbsp caster sugar (or alternatives like honey or stevia)
- ~ 1/2 tsp vanilla bean
- ~ 1 large egg

### Directions

Soak the Irish Moss in warm water for 10 to 15 minutes and rinse thoroughly several times. Discard the water and place the Irish Moss, milk, lemon rind and vanilla in a saucepan. Bring to boil and simmer over the lowest possible heat for 20 to 25 minutes. As the mixture simmers it will slowly and visibly begin to thicken.

Meanwhile separate the egg and, in a bowl, beat the yolk and sweetener together until pale in colour. Pour the milk and Irish Moss through a sieve onto the sugar and egg mixture, pushing the almost melted jelly through as much as possible. Continue heating to ensure that both mixtures are evenly mixed and cooked together. Set aside to cool a bit. Beat the egg white until stiff and gradually fold into the Irish Moss mixture. Place in the refrigerator to set.

Serve chilled, garnished with your desired toppings. Try using stewed fruits, spices like cinnamon or nutmeg, a teaspoon of your favourite liqueur, or honey.

Serves 4.

## Olivia's Irish Moss smoothie

### Ingredients

- ~ 1 small banana (ideally frozen)
- ~ 1/2 avocado
- ~ Large handful of spinach
- ~ 1 tbsp chia seeds
- ~ 1 tbsp collagen powder
- ~ 1 tbsp Irish Moss gel
- ~ 1 cup of liquid (water or plant-based milk). You may need more or less depending on desired consistency.

Serves 4.



## Nourishing Broccoli Soup



### Ingredients

- ~ 1/4 cup Irish Moss gel
- ~ 2 heads or about 5-6 cups of broccoli, florets and stems coarsely chopped
- ~ 3 cups of hot water
- ~ 1/2 cup of cashews
- ~ Sprinkle of seaweed seasoning to garnish
- ~ Kelp salt to taste
- ~ Drizzle of olive oil or coconut cream to serve
- ~ Fresh herbs to serve

### Directions

Steam broccoli in vegetable steamer until bright green and slightly soft (but not mushy).

Transfer to food processor or high powered blender and process together with hot water, cashews, and Irish Moss. Add more water as needed until desired thickness is achieved.

Add Kelp Salt to taste. Drizzle with olive oil or coconut cream and garnish with fresh herbs. Serve warm. Serves 6.

## Traditional Cough & Chest Remedy

### Ingredients

- ~ 2cm fresh ginger, chopped
- ~ 1 tbsp Irish Moss gel
- ~ Juice of 1 lemon
- ~ 1 tsp Manuka honey
- ~ 2 tsp fresh thyme leaves

### Directions

Simmer 1 cup of water with the ginger and thyme for 20 minutes. Once the water is infused, strain, then add the remaining ingredients and mix well. Serve hot. Serves 1.



## Irish Moss DIY Beauty Treatments



### Sunburn Soother

- ~ 1/4 cup Irish Moss gel
- ~ 1/4 cup aloe vera gel
- ~ 2 tbsp coconut oil

### Hydrating Facemask

- ~ 1/2 ripe avocado
- ~ 1/2 tbsp honey
- ~ 1/2 tbsp Irish Moss gel

## Irish Moss Smoothie Secret

Give your smoothies a boost of vitamins and minerals by adding Irish Moss Gel. Add 1 Tbsp of gel to your smoothie or juice!



## Cherry Chocolate Avocado Pudding

### Ingredients

- ~ 2 ripe avocados, pips removed
- ~ 4 tbsp raw cacao powder
- ~ 4 tbsp maple syrup
- ~ 2 tbsp Irish Moss gel
- ~ 3 tbsp non-dairy milk
- ~ 1 tsp vanilla extract
- ~ 1 cup cherries, pitted



### Directions

Combine all ingredients, except cherries, in a food processor or blender and blend until smooth, scraping down the sides as you blend.

Taste the mixture and adjust the flavor as needed. Add more cacao powder for a deeper chocolate flavour. Add more maple syrup to sweeten it.

Serve in a small bowl and top with sliced pitted cherries. Serves 4.

## Use Irish Moss gel in dressings & sauces

Thicken sauces with Irish Moss gel. Add 1/2 - 1 tsp to 1 cup of liquid and blend.

Replace the fat (oil & dairy products) in dressings with Irish Moss gel. Add the equivalent amount of gel as there would be fat.

# 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. Lemon Kelp works beautifully with chicken, fish or salads. Garlic Kelp and Chilli Kelps can be used with most meals.



## 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

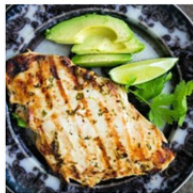
- ~ 500g very fresh fish
- ~ 1 small red onion, finely chopped
- ~ 2 tbsp small capers
- ~ 2 small colourful capsicums, finely chopped
- ~ Juice of 6 limes & zest of 1
- ~ 3 tbsp lime flavoured avocado oil
- ~ 1/2 tsp lemon Kelp
- ~ Bruised kaffir lime leaf
- ~ Handful coriander leaves coarsely chopped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

# Kombu

Add Kombu (strips or leaves) to infuse broths, stocks, soups or stews with dense nutrients and wonderful umami flavours. Use Kombu Leaves to wrap food parcels.



## Traditional Kombu Dashi



### Ingredients

- ~ 1 Kombu Strip
- ~ 5 cups of cold water
- ~ 5g bonito flakes

### Directions

Place the Kombu Strip in a pot with 4 cups of cold water. Turn the heat to medium-high and bring to a slight simmer then turn the heat off. Leave the strip for 10 minutes or more depending on the strength required, then remove it. Turn the heat back on to medium-high and wait until the seaweed stock comes to a gentle boil. Add the remaining 1 cup of water, and then the bonito flakes. Do not stir. Turn heat up until it boils again then turn off the heat. When the bonito flakes fall to the bottom of the pot, strain through a sieve or cheese cloth. Dashi is ready. Serves 4.

**Note:** To make vegan, omit bonito flakes. To add a depth of flavour, simmer a range of vegetables including carrot, onion, celery, garlic, ginger, and herbs, for 15 minutes before adding the Kombu.

## Kombu Stock



### Ingredients

- ~ 3 litres of water
- ~ 1 Kombu Strip
- ~ 1 small onion, roughly sliced
- ~ 1 small carrot, roughly sliced
- ~ 1 handful of dried shiitake or porcini mushrooms
- ~ 1/2 celery stick
- ~ 1 garlic clove
- ~ Slice of fresh ginger
- ~ Fresh thyme, parsley & coriander stalks

### Directions

Place all the ingredients except Kombu in a large pot, cover and bring to a simmer slowly. Simmer gently for 15 minutes. Stop cooking and add the Kombu. Steep for 10 minutes or more, according to taste. Use this stock as a drink or a base for soups & stews. Kombu and mushrooms can be chopped and returned to the stock if desired. Serves 12.

## Wrapped Salmon with Kombu Leaves



### Ingredients

- ~ 2 big pieces of Kombu Leaves, rehydrated
- ~ 2 pieces of salmon
- ~ Drizzle of tamaril or soy sauce
- ~ 1 lemon cut into thin slices
- ~ Handful of fresh herbs (dill, thyme, tarragon or fennel)
- ~ Kelp Salt or Seaweed Salt & pepper to taste

### Directions

Pre-heat oven to 180°C. Place 2 Kombu Leaves on a lined oven tray. Place the salmon pieces on top and drizzle with tamaril. Cover with thin lemon slices & fresh herbs. Season to taste and wrap each Kombu Leaf around the fish diagonally to make a wrap. Bake in the oven for 10 minutes or until the fish is just cooked. Serve immediately. Serves 2.

## Kombu Cured Tuna



### Ingredients

- ~ Enough pieces of Kombu Leaves to wrap the tuna
- ~ 1/2 lemon, plus 2 tsp fresh lemon juice
- ~ 250g sushi grade tuna loin, cut into 12 1/2 cm thick pieces
- ~ 1/2 tsp grated orange zest
- ~ 2 tsp extra-virgin olive oil
- ~ Manuka smoked salt to taste
- ~ 2 small cos lettuce, sliced

### Directions

In a bowl, cover the Kombu Leaves with warm water and let stand for 10 minutes, until softened. Drain and pat dry. Line up the Kombu side-by-side in a large dish and rub with the lemon half. Place the tuna in a single layer on the Kombu and wrap the leaves around the fish. Cover with biodegradable cling film and refrigerate for 24 hours. In a bowl, whisk together lemon juice, orange zest, oil and season with smoked salt. Toss through the cos lettuce. Peel the Kombu off the tuna and transfer to plates. Sprinkle the fish with smoked salt and serve with cos salad. Serves 4.

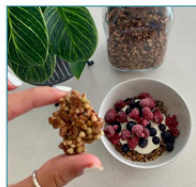


# Nori (Karengo)

Enjoy nutritious Nori as a dramatic garnish with eggs, salads, soups, pizza, pasta, stir-fries, seafood, chocolate & ginger.



## Cacao Granola



### Ingredients

- ~ 1 cup plain rolled oats
- ~ 1 cup buckwheat groats
- ~ 1/2 cup coconut flakes
- ~ 1/4 cup pumpkin seeds
- ~ 1 tbsp Nori flakes
- ~ 2 tbsp cacao powder
- ~ 3 tbsp coconut oil, melted
- ~ 1/3 cup agave nectar/ honey

### Directions

Preheat oven to 180°. Line a baking tray. Toss all dry ingredients in a large bowl making sure they are all coated in cacao. Then place in the agave/ honey and coconut oil and mix well until all ingredients are wet.

Place on the baking tray making sure it is all evenly spread out. Cook for around 10 minutes and mix ensuring all areas can get golden. Return the granola to the oven and cook for another 8 minutes - or until golden and crunchy. Keep in an airtight container and eat within 2/3 weeks. *Serves 10.*

## Dazzling Crispy Crackers



### Ingredients

- ~ 100g oats
- ~ 50g tapioca flour
- ~ 60g chia seeds
- ~ 40g almonds
- ~ 40g sunflower seeds
- ~ 20g Nori flakes
- ~ 20g olive oil
- ~ 4g Kelp Salt or seaweeds salt
- ~ 140g boiling water

### Directions

Preheat your oven to 150°. Add all of your dry ingredients into a food processor and blend until it resembles a fine crumb. Next, add the oil and boiling water and blend again until well mixed. Transfer mixture into a lined baking tray and use a rolling pin to flatten. Roll until the mixture is thin and even, aiming for the depth of a thin cracker.

Bake for 45 minutes until crispy. Remove from oven, let it cool, then break it up into small cracker size pieces. Eat the crackers on their own or with a dip such as guacamole! *Serves 6.*

## Nourish Bowl



### Ingredients

- ~ 2 tbsp sesame oil
- ~ 2 tbsp tamarai sauce
- ~ 1-2 tsp chilli paste (optional)
- ~ 2 tsp grated ginger
- ~ 200g mushrooms
- ~ 1 cup baby spinach leaves
- ~ 3/4 cup shredded carrot
- ~ 100g cherry tomatoes, halved
- ~ 3/4 cup shredded iceberg lettuce
- ~ 1/2 ripe avocado, sliced
- ~ Seaweed & Sesame Seasoning to garnish (optional)
- ~ 4g raw Nori leaves or flakes

### Directions

Combine sesame oil, tamarai, ginger & chilli paste in a bowl and mix well. Add mushrooms to the marinade and toss to coat. Transfer to a saucepan (including marinade) and cook over a medium-high heat for approx. 5 minutes, stirring regularly.

Divide all salad ingredients between two bowls. Add mushrooms and garnish with Nori and Seaweed & Sesame Seasoning. *Serves 2.*

## Macadamia Pesto



### Ingredients

- ~ 2 tbsp Nori flakes
- ~ 1 shallots, minced
- ~ Zest of 1 lemon
- ~ 1/3 cup macadamia oil
- ~ 1 cup basil leaves
- ~ 2 tbsp lemon juice
- ~ 2 tbsp macadamia nuts
- ~ 2 tbsp capers
- ~ Kelp salt & pepper to taste

### Directions

Place the minced shallots in a bowl with lemon juice and let sit for 5 minutes. Zest your lemon and put aside. Pour the shallot mixture into a blender along with the Nori, basil, lemon zest, macadamia oil, salt and capers and pulse until fine. Taste and adjust salt if need be. Add the macadamia nuts and pulse until they are in small pieces. Keep in the fridge for up to 1 week. *Serves 4.*

## Nori, Tamari & Sesame Almonds



### Ingredients

- ~ 1 cup almonds, soaked overnight
- ~ 1 tbsp sesame seeds, soaked overnight
- ~ 1/3 cup Nori fronds (wild or farmed)
- ~ 1 1/2 tbsp tamari

### Directions

Soak almonds and sesame seeds in a bowl of filtered water overnight. In the morning, rinse and drain well. Pour into a bowl with the Nori and tamari, stirring to combine well.

Pour onto a dehydrator sheet in a single layer and dry for 12-24 hours at 41° or until super crunchy and completely dry. Or put on an oven tray and bake at 50° fan bake (if available) with the door slightly ajar for the same amount of time. Or at 100° for 1 hour. Store in an air-tight container. *Serves 4.*

## Wild Rice Salad



### Dressing

- ~ 2 tbsp olive oil
- ~ 2 tbsp sesame oil
- ~ 1/3 cup shoyu
- ~ 1/4 cup rice vinegar
- ~ 1 tbsp lemon juice
- ~ Zest of 1 lemon
- ~ 2 tbsp honey
- ~ 1 tsp fresh ginger, grated
- ~ Kelp Salt to taste

### Ingredients

- ~ 100g extra firm tofu
- ~ Pinch of Kelp salt
- ~ 1 spring onion
- ~ 1/2 cup pecans, toasted
- ~ 1 bunch of coriander leaves, chopped
- ~ 3 cups cooked wild rice (alternatively, brown or red)
- ~ 1/2 cup Nori fronds

### Directions

Drain the tofu, pat dry, cube and sprinkle with Kelp salt. Cook in an oiled pan over medium heat until the tofu is firm & golden. Make the dressing by combining all ingredients. To assemble, first mix together the spring onion, pecans, coriander leaves, crumbled Nori and the wild rice with a generous amount of dressing. Combine well and add the cooked tofu. Toss gently and add more dressing if required. *Serves 4.*

## Chocolate Fondant with Ginger



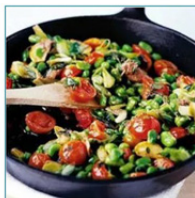
### Ingredients

- ~ 60g unsalted butter, plus extra to coat the moulds
- ~ 1 tbsp cacao powder
- ~ 60g dark chocolate, broken into pieces
- ~ 3 tbsp Nori flakes
- ~ 20g crystallised ginger, grated
- ~ 1 egg + 1 egg yolk
- ~ 50g caster sugar
- ~ 1 tbsp plain flour (or gluten free alternative)
- ~ pinch of salt

### Directions

Pre-heat oven to 200°C and put a baking tray in the middle of the shelf. Butter the inside of 4 ovenproof Dario moulds (or ramekins), and coat with the cacao. Put the butter and chocolate into a heatproof bowl and set over a pot of simmering water; make sure the bowl doesn't touch the water. Stir occasionally until melted. Allow to cool slightly. Add the Nori & grated ginger and combine. In a separate bowl, whisk together the egg, egg yolk, sugar and a pinch of salt until pale and fluffy. Gently fold in the melted chocolate & butter mixture and then fold in the flour. Spoon into the pre-prepared moulds, stopping just shy of the top. Put the moulds onto the hot baking tray and cook for 12 minutes, until the tops are coming away from the sides of the moulds. Leave to rest for 30 seconds and then serve turned out on plates with thickened cream & strawberries. *Serves 4.*

## Broad Bean Stir-Fry



### Ingredients

- ~ 350g broad beans out of the pod
- ~ 1/4 cup Nori fronds
- ~ 460g cherry tomatoes, halved
- ~ 6 spring onions, finely chopped
- ~ 2 cloves garlic, crushed
- ~ 2 tbsp of each fresh marjoram & parsley, chopped
- ~ 3 tbsp olive oil
- ~ Kelp salt & pepper to taste

### Directions

Blanche the beans in boiling water for 1 minute. Drain into a sieve and hold under cold running water to stop the cooking. Drain again and peel off the outer skin.

Heat oil in a non-stick pan until hot, add tomatoes and saute over high heat until juicy and starting to caramelise. Add the spring onions and garlic and cook over a medium heat for 2 minutes, until the onions begin to soften. Add the beans and Nori fronds and cook for another 2 minutes, stirring constantly. Season and mix in the herbs. *Serves 2.*

# Sea Chicory

Try nutritious Red & Green Sea Chicory as a colourful, crunchy yet delicate edible garnish with any meal. Sea Chicory itself is flavour free but it will take on a slight flavour of whatever it is hydrated in.



## Raw Zucchini Salad with Lemon & Caper Dressing



### Ingredients

- ~ 2g Red Sea Chicory
- ~ 1 zucchini
- ~ Juice of half a lemon, more or less depending on taste
- ~ 1.5 tbsp olive oil
- ~ Dash of maple syrup
- ~ 2 tsp capers
- ~ 2 handfuls of salad
- ~ Fresh herbs (optional)

### Directions

Cut zucchini into ribbons by cutting lengthways to get long, thin, ribbons. Alternatively, use a mandolin slicer. Mix zucchini in a bowl with fresh salad leaves and fresh herbs (optional). Rehydrate 2g of Red Sea Chicory in a bowl of cold water for 1 minute. Don't leave too long otherwise the seaweed will get gloopy. Strain the seaweed, and then scatter around the salad. Use strained water on pot plants or in your garden. Mix the dressing ingredients together: lemon juice, olive oil, salt, maple syrup & capers. Drizzle over the salad, mix together, and serve! **Serves 2.**

## Sweet Milk Custard



### Ingredients

- ~ 8g Red or Green Sea Chicory
  - ~ 400ml milk or dairy free alternative such as soy
  - ~ 1 lemon rind curl
  - ~ 4 tsp coconut sugar, maple syrup or honey
  - ~ 1/2 tsp vanilla essence
- ### Garnish
- ~ Cinnamon, fresh fruit & pistachio nuts

### Directions

Soak the Sea Chicory in cold water for 2 minutes. Drain and add the seaweed to the milk and add the lemon rind curl. Simmer for 20 minutes until the milk thickens slightly. Strain the milk to remove seaweed and lemon rind and add sugar and vanilla. Pour into mould(s) while still hot. Refrigerate to set. **Serves 4.**

## Sprout & Cucumber Salad



### Ingredients

- ~ 1-2g Green Sea Chicory
- ~ 2 tbsp bean sprouts
- ~ 1 good handful sprouted seeds
- ~ Cucumber (5cm) cut fine match sticks
- ~ 1 spring onion, cut fine
- ~ 2 tbsp tamarai or soy sauce
- ~ 2 tsp grated ginger
- ~ 1/2 tsp sesame oil
- ~ Juice of 1/2 lemon
- ~ Kelp Salt & pepper

### Directions

Rehydrate the Sea Chicory in cold water for 2 minutes. In a salad bowl, mix the seaweed, cucumber and sprouts until evenly combined. The proportions in the mixture should be roughly 1/3 seaweed and 2/3 other vegetables. Make the dressing by blending the remaining ingredients. Add the dressing and combine when ready to eat. **Serves 2.**

## Tuna Poke Bowl



### Ingredients

- ~ 4g Green Sea Chicory
- ~ 4g dried Wakame Frons
- ~ 350g raw sashimi-grade tuna, cut into small cubes
- ~ 1 avocado, cubed
- ~ 1 red onion, cut fine
- ~ 1 spring onion, thinly sliced
- ~ 1 tsp white or black sesame seeds
- ~ Steamed rice (optional)

### Dressing

- ~ 20ml (4 tsp) soy sauce or tamarai
- ~ 10ml (2 tsp) toasted sesame oil
- ~ 5ml (1 tsp) honey
- ~ 1/2 tsp chilli paste (optional)
- ~ Kelp Salt & ground pepper to taste

### Directions

Place Wakame & Sea Chicory in separate bowls and cover with tepid water to rehydrate for 2 minutes. Meanwhile, place tuna, onions, sesame seeds, soy sauce, sesame oil, honey and optional chilli in a large bowl. Season with salt & pepper and gently fold to combine. Taste and adjust with more soy sauce, sesame oil, honey or crushed chilli. Drain the seaweed and roughly chop. Add to the tuna mixture and mix until well combined. Let sit for 5 minutes at room temperature then serve on its own or on top of steamed rice. **Serves 6.**

# Sea Lettuce

Containing iron and iodine, Sea Lettuce is a nutritious garnish, with a subtle peppery flavour. Delicious with soups, pasta, pizza, stir-fries and poke bowls. A wonderful alternative to parsley.



## Healthier Banana Bread



### Ingredients

- ~ 2 large ripe bananas (mashed)
- ~ 1/2 cup honey or maple syrup
- ~ 1/3 cup coconut oil (melted)
- ~ 2 eggs
- ~ 1/4 cup milk (any preference)
- ~ 1 tsp baking soda
- ~ 1 tsp vanilla essence
- ~ 1 tsp Sea Lettuce flakes
- ~ 1/2 tsp salt
- ~ 1 1/2 cups flour (gluten free or standard)
- ~ 1/2 tsp cinnamon
- ~ 1/4 cup chocolate chips (optional)

### Directions

Preheat oven to 170°C and oil a 9x5-inch loaf pan. Whisk eggs, coconut oil, vanilla essence and honey together in a large mixing bowl. Add mashed bananas and milk, then stir in dry ingredients. Do not over mix. Fold in chocolate chips (optional). Pour mixture into your greased loaf pan. Bake for 55-60 minutes, until a toothpick inserted into the center comes out clean. Let cool on the bench for 10 minutes before removing from loaf pan. Eat within 3 days. Serves 6.

## Goat Cheese Pastries



### Ingredients

- ~ 250g puff pastry
- ~ 1 tbsp Sea Lettuce flakes
- ~ 150g spreadable goats cheese
- ~ 1 tbsp lemon juice
- ~ 1 tsp lemon zest
- ~ Salt & pepper to taste
- ~ 1 egg yolk beaten with 1 tbsp water
- ~ Parmesan cheese (optional)

### Directions

Preheat oven to 200°C. Roll pastry to a 15cm x 35cm rectangle. Trim uneven edges with a sharp knife. Mix goat cheese with lemon juice, lemon zest and spread evenly over pastry; sprinkle with freshly ground black pepper and Sea Lettuce flakes. Roll up ends tightly to meet in the middle of the pastry. Refrigerate until firm (about 20 minutes). Brush with beaten egg mixture and cut across into 1 cm thick slices and sprinkle with parmesan if using. Place slices on an oiled baking sheet and bake until crisp and golden (about 10 minutes). Serves 4.

## Buckwheat, Pumpkin Risotto



### Ingredients

- ~ 150g buckwheat grains, slightly roasted
- ~ 1 small green pumpkin, diced
- ~ 2 cups vegetable broth
- ~ 2 medium onions, cut fine
- ~ Thyme & Rosemary to taste
- ~ 3 tbsp olive oil
- ~ 1 tbsp red balsamic vinegar
- ~ Kelp Salt & pepper to taste

### To garnish

- ~ 3 tbsp cashew nuts
- ~ 3 tbsp pumpkin seeds, roasted
- ~ 2 tsp Sea Lettuce flakes

### Directions

Preheat oven to 200°C. Mix together the cut pumpkin, onions, oil, vinegar, herbs, salt and pepper. Place evenly on a roasting dish and bake in the oven for 20 minutes. Meanwhile, stir buckwheat grains into boiling water for 1 minute to rinse, then drain. To toast the grains, place in a pot with a little olive oil and lightly fry for 5 minutes. Next add the vegetable broth and cook for 15 minutes. Once the buckwheat is cooked, remove from heat and stand covered for 10 minutes. In a dry pan, roast the nuts and seeds until lightly golden and fragrant. Once all elements are ready, mix everything together and sprinkle with Sea Lettuce flakes. Serves 2.

## Sea Lettuce Butter



### Ingredients

- ~ 150g unsalted butter, softened
- ~ 1 tbsp Sea Lettuce flakes
- ~ Juice & zest of one lime
- ~ Sprinkle of Kelp Salt (or try Seaweed Salt or Manuka Smoked Dulce Flakes)

### Directions

Remove butter from the fridge and let it come to room temperature. Then whip it vigorously until light and creamy. Add in Sea Lettuce flakes, lime and Kelp Salt and continue to beat gently until combined. Roll into a log and wrap well in baking paper and plastic film. Refrigerate until needed. Serves 12.

# Sea Spaghetti

Nutritious Sea Spaghetti adds wonderful texture, umami flavour and nutrients. Try in salads, soups and stir-fries. Soak it in flavoured liquids to experiment with different flavour profiles.



## Edamame Salad with Avocado



### Ingredients

- ~ 1 avocado
- ~ 100g shelled edamame beans
- ~ 10-12 strands of Sea Spaghetti
- ~ 100g mixed salad leaves
- ~ Toasted sesame seeds
- ~ 2 spring onions, cut fine

### Dressing

- ~ 1 tbsp extra virgin olive oil
- ~ 1 tsp sesame oil
- ~ 1/2 tbsp Tamari soy sauce
- ~ Kelp Salt to taste

### Directions

Prepare the Sea Spaghetti by either soaking for 20 minutes in tepid water or simmering on stove top for 10 minutes. When fully rehydrated, drain the liquid and cut to desired length, set aside. Don't discard the liquid, use for stock, add to meals for extra flavour and nutrients, or use to water plants. Cook the edamame briefly in boiling water, drain and set aside. Cube the avocado and drizzle with lemon juice to prevent browning. Place the leaves in a serving plate and scatter the other ingredients on top. Mix all the dressing ingredients together then drizzle on top of the salad. **Serves 2.**

## Chicken & Kale Soup



### Ingredients

- ~ 10g dried Sea Spaghetti, immersed in warm stock & soaked for 30 minutes
- ~ 1 tbsp extra virgin olive oil
- ~ 3 leeks
- ~ 1/2 yellow onion
- ~ 2 cloves garlic, crushed
- ~ 1 bunch of kale
- ~ 9 cup chicken stock/ broth
- ~ 3 cups cooked chicken, shredded
- ~ Kelp Salt to taste
- ~ 1 tsp ground black pepper
- ~ Sprinkle of chopped parsley

### Directions

Cut the roots and the dark green leaves off the leeks. Next chop leeks finely and set aside. Heat oil in a large pot over medium heat and cook the onions, garlic and leeks for 8 to 10 minutes, until soft and translucent. Remove the ribs from the kale and tear or chop into bite size pieces. Next add kale, chicken stock and pepper to the leeks and bring to boil. Reduce heat to medium-low and simmer for 5 minutes. Add chicken and the rehydrated Sea Spaghetti. Heat until the chicken is warmed through. Adjust seasonings to taste. **Serves 6.**

## White Chocolate Cookies



### Ingredients

- ~ 8-10g Sea Spaghetti rehydrated in warm water for 10 minutes
- ~ 55g butter, melted
- ~ 2 large tbsp pear concentrate
- ~ 1 tsp vanilla extract
- ~ Juice of 1 lemon
- ~ 1 egg, beaten
- ~ 106g spelt flour
- ~ 160g ground almonds
- ~ 1 tsp baking powder
- ~ 125g white chocolate, roughly chopped
- ~ 85g flaked almonds

### Directions

Preheat oven to 180°C and grease baking trays. Drain water from Sea Spaghetti and chop finely (reserving the soaking water). Transfer into a mixing bowl and add melted butter, honey, pear, vanilla and lemon juice. Mix dry ingredients together in a separate bowl and fold into the Sea Spaghetti mixture. Add a little of the reserved soaking water if the dough is too stiff. Stir in the white chocolate and flaked almonds. Dollop spoons of the mixture onto a baking tray and bake for 10 minutes. **Serves 4.**

## Ginger & Carrot Salad



### Ingredients

- ~ 15g Sea Spaghetti
- ~ 20g fresh ginger root, peeled & grated
- ~ 50ml rice wine vinegar
- ~ 1 tsp honey or maple syrup
- ~ 1/2 telecucumber, peeled & grated
- ~ 50g peanuts, toasted
- ~ 2 tsp fresh lime juice
- ~ 1 tbsp extra virgin olive oil
- ~ 15g coriander leaves, chopped
- ~ 20g mint leaves, shredded
- ~ Kelp Salt to taste

### Directions

Soak dry Sea Spaghetti in cold water for 30 minutes. Bring a large pot of water to boil. Drain Sea Spaghetti and place in boiling water with the ginger. Boil for 2 minutes, add carrots, boil for 2 more, then pat dry. Transfer the blanched vegetables to a large bowl and while still hot, add vinegar, salt and pepper. Mix and set aside until cooled. Next add remaining ingredients, toss, and serve. **Serves 4.**

# Wakame

Nutritious Wakame adds unique umami flavour. Wrap around food parcels, or chop into stir-fries, soups or stocks. With B12 and iodine, Wakame is a nutritious sea vegetable to complement any meal.



## Miso Soup with Wakame



### Ingredients

- ~ 1/2 cup dried Wakame
- ~ 1/4 cup shiro miso (white fermented soybean paste)
- ~ 6 cups Kombu dashi or vegan umami broth
- ~ 200-250g soft tofu, drained & cubed
- ~ 1/4 cup thinly sliced spring onions

### Directions

Stir together the miso paste with 1/2 cup of the dashi in a bowl until smooth. Heat the remaining dashi in a pot over a medium heat until hot. Gently stir in the tofu cubes and then add dried Wakame. Simmer for 1 minute and remove from heat. Add the miso mixture and spring onions. Combine and serve immediately. **Serves 6.**

## Radish & Pear Salad with Miso Dressing



### Ingredients

- ~ 25g dried Wakame fronds
- ~ 500g radish, trimmed, scrubbed & sliced paper-thin
- ~ 2 pears, shaved on a mandolin

### Miso Dressing

- ~ 1 tbsp light soy sauce
- ~ 1 tbsp rice wine vinegar
- ~ 1 tbsp apple cider vinegar
- ~ 2 tbsp shiro miso

### Directions

Place dried Wakame in a large bowl of tepid water and leave to soak for 3-5 minutes.

Meanwhile, make the dressing. Combine the soy sauce, rice wine & cider vinegar in a large bowl with 2 tbsp water. Add miso and whisk to combine. Squeeze excess water out of the seaweed and arrange on a large serving plate with the other ingredients & drizzle with the dressing. Serve immediately. **Serves 6.**

## Japanese Cucumber Wakame Salad



### Ingredients

- ~ 1 large English cucumber or 2-3 Japanese cucumbers
- ~ 2 tbsp dried Wakame
- ~ 3 tbsp rice vinegar
- ~ 1/4 tsp soy sauce
- ~ 1/2 tsp sesame oil (optional)
- ~ 1 tsp sesame seeds
- ~ 1 tbsp sugar
- ~ Kelp salt to taste
- ~ Sesame seaweed seasoning to garnish (optional)

### Directions

Hydrate Wakame seaweed in water for 10 minutes. Drain water and squeeze excess water out from Wakame. (Don't throw the soaking water away, it is delicious to drink or to add to soups, smoothies or use to water house plants.) Roughly chop Wakame.

Slice cucumbers as thin as you can. Stir in Kelp salt, and let sit for 5 minutes. Pat excess water off cucumbers. In a small bowl, mix rice vinegar, sugar, soy sauce and sesame oil together until the sugar dissolves. Add vinegar mixture and sesame seeds to prepared cucumbers and Wakame and mix well. Garnish with sesame seaweed seasoning. **Serves 4.**

## Simple Seaweed Salad with Wakame



### Ingredients

- ~ 15g dried Wakame fronds
- ~ 2 tsp roasted sesame seeds
- ~ 1 tbsp sesame oil
- ~ 2 tbsp rice vinegar
- ~ tbsp soy sauce or tamari
- ~ 1 tsp sweet chilli sauce or finely chopped chilli

### Directions

Soak the Wakame in warm water for 5 minutes. Drain well and squeeze out excess liquid. Chop finely. Transfer to a bowl and add the remaining ingredients and mix well. **Serves 2.**

## Sweet Potato Cakes



### Ingredients

- ~ 800g sweet potatoes, peeled
- ~ 10g dried Wakame
- ~ 1 large onion, finely chopped
- ~ 50g butter
- ~ 2 tbsp flat leaf parsley
- ~ 2 eggs, beaten with salt & pepper
- ~ 1 tbsp Kelp powder
- ~ Butter or coconut oil for frying

### Method

Cut the sweet potato into large chunks and cook gently in boiling water until tender. Drain and cool. Re-hydrate Wakame in warm water for 5 minutes. Drain and squeeze out any excess water. Chop coarsely.

Squash the potatoes into a puree with butter, add the Wakame, onion, parsley and Kelp powder. Adjust seasoning if need be and mix in the eggs.

Shape the mixture into cakes and fry in sizzling butter/oil until golden and crunchy. Serve with a salad or green vegetables. *Serves 4.*

## Oven Baked Salmon



### Ingredients

- ~ 2 big pieces of Wakame leaves, rehydrated
- ~ 2 salmon steaks
- ~ 1 red onion
- ~ 4 cloves of garlic
- ~ 1/2 cup coriander leaves, chopped
- ~ 1 lemon cut into wedges
- ~ Olive oil & knob of butter
- ~ Kelp salt & pepper
- ~ Tamari or soy sauce

### Directions

Pre-heat oven to 180°. Cover an oven tray with baking paper and place 2 large Wakame leaves on the paper. Place the salmon steaks on top and drizzle tamari over the salmon. Heat 1 tbsp olive oil and 1 tsp butter in a fry pan, add onion & garlic, cooking for 2 minutes, until translucent & fragrant. Add coriander leaves & seasoning and remove from heat as soon as coriander has wilted (about 1 minute).

Spoon the onion mixture over the steaks and wrap in the Wakame leaves. Cover with parchment or foil and bake for 15 minutes. Remove paper and continue to cook for another 10 minutes or until the fish is opaque. Transfer the parcels to a serving plate and garnish with lemon wedges. *Serves 2.*

## Wakame Pesto Pasta



### Ingredients

- ~ 350g penne/ spiral pasta
- ~ 1/4 cup dried Wakame
- ~ 2 chicken thighs
- ~ 15 cherry tomatoes, cut in half
- ~ 1/4 cup fresh basil leaves
- ~ 1/4 cup extra-virgin olive oil
- ~ 3 tbsp fresh lemon juice
- ~ 1 clove of garlic
- ~ 1/2 tsp sea salt
- ~ 1/2 tsp cracked pepper
- ~ 1/3 cup finely grated parmesan
- ~ 1/2 tsp chilli flakes (optional)

### Directions

Cook pasta in a saucepan of boiling, salted water, until tender. Drain, reserving 1/4 cup liquid. Meanwhile, in a small bowl, add Wakame and enough cold water to cover. Soak for 5 minutes. Reserving 2 tbsp soaking liquid, drain Wakame.

Dice chicken into small bite sized pieces then add to a frying pan drizzled with olive oil. Completely cook the chicken and then leave aside. In a food processor or blender, pulse drained Wakame, basil, lemon juice, extra-virgin oil, garlic, salt, pepper and chilli flakes. This should create a nice pesto paste.

Return pasta to pan. Add reserved liquid and stir in the pesto. Stir for 1 to 2 minutes until pesto is throughout all areas of the pasta. Slowly add the chicken and tomatoes then top with parmesan cheese. Serve either hot or cold. *Serves 4.*

## Raw Vermicelli Salad with Edamame



### Ingredients

- ~ 1 packet of shelled frozen edamame
- ~ 200g packet of vermicelli noodles
- ~ 5g dried Wakame
- ~ 2 tbsp Dulse flakes
- ~ 1 cup shredded carrot
- ~ 1 capcicum, thinly sliced
- ~ 1/3 cup thinly sliced red onion
- ~ 1/4 chopped fresh coriander
- ~ 1/2 cup lightly roasted peanuts

### Dressing

- ~ 2 tbsp olive oil
- ~ 2 tbsp honey
- ~ 3/4 tbsp rice vinegar
- ~ 1/2 tsp salt

### Directions

Cook edamame according to packets instructions. Drain and rinse with cold water. Soften noodles according to instructions, drain, transfer to a work surface, then chop twice. Soak Wakame in tepid water for 5 minutes, drain, and squeeze out excess water. Whisk together dressing ingredients. Add noodles, Wakame and all salad ingredients to a bowl and toss through dressing. Sprinkle with peanuts and serve. *Serves 6.*



## Here's a useful summary of the flavours & textures different seaweed types offer. Each is unique.

Sea Vegetable Type	Flavour	Culinary Application	Texture	Colour	Leaves	Flakes/ Granules	Comment
Atlantic Dulse	'Vegan bacon' - salty, smoky	Raw, fried, bake. Use as seasoning, replace salt, wrap leaves	Leathery when dry, soft when wet	Crimson/ deep purple/ brown	✓	✓	Try Manuka Smoked Dulse flakes
Manuka Smoked Dulse Flakes	Smoked, soft, floral	Vegan smoky flavouring alternative	Soft flakes	Purply/ Brown		✓	Try Manuka Smoked Salt
New Zealand Kelp	Sweet, umami	Replace salt, add depth to flavour, tenderising	Powder or granule	Grey		✓	Try flavoured Kelp- chilli, garlic, lemon
New Zealand Kombu (Strips/ Leaves)	Sweet, umami	Soak for stocks, wrap fish/ meat to bake	Leathery, softer when moist	Grey	✓		Strips have more intense flavour
Nori (Karengo)	Tea/ mushroom like when dry. Anchovy when wet	Raw, fry, bake. Garnish. Replace salt	Cellophane like, soft	Dark brown, turns green if heated	✓	✓	Wild or farmed options available
Power of Three	Umami, soft	Replace salt, seasoning, garnish	Soft flakes	Mixed		✓	NZ Food Award Finalist 2021
Seaweed Salt	Umami, salty	Seasoning, garnish	Flakes	Mixed		✓	NZ Food Award Finalist 2021
Sea Chicory	Neutral	Salads, garnish	Delicate, crunchy	Green or red	✓		
Sea Lettuce	Sorrel, soft pepper	Garnish, replace salt	Light, soft	Green		✓	
Seaweed & Sesame Seasonings (furikake)	Citrus, Chilli or Garlic. Nutty	Garnish, savoury baking, seasoning. Replace salt	Light	Mixed		✓	Naturally flavoured. Soy, gluten, dairy free
Sea Spaghetti	Takes on flavour of what is soaked in	Vegan pasta alternative. Soups & salads.	Al dente	Brown/ Khaki	✓		Needs to be soaked in advance
New Zealand Wakame	Oyster like	Green veg alternative, salt replacement	Soft, silky when moist	Wild- green/ khaki Farmed- dark green (lighter when moist)	✓		Wild or farmed versions available

Good for You, Good for our Planet.





For more recipes & information visit [www.pacificharvest.co](http://www.pacificharvest.co)