

# 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



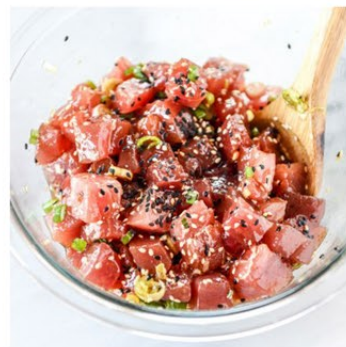
### Ingredients

- ~ 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 tamari 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 Fronds
- ~ 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 tamari
- ~ 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.**