

# Sea Vegetable Recipes

## 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 tbsp vanilla essence
- ~ 1 tbsp 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° 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 Dulse 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.*