

Sea Vegetable Recipes

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.**

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.**

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.**