

# Sea Vegetable Recipes

## 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.*

### 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)

#### Method

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.*

### 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)

#### Method

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.*

### Simple Seaweed Salad with Wakame



#### Ingredients

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

#### Method

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 & Wakame 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 with Wakame



### 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

### Method

Pre-heat oven to 180°. Cover an oven tray with baking paper and place 2 large Wakame leaves on the paper. Place the salmon steak 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.**

## Tuna Poke Bowl with Wakame



### Ingredients

- ~ 2 tsp dried Wakame fronds
- ~ 350g raw sashimi-grade tuna, cut into small cubes
- ~ 1 red onion, finely diced
- ~ 1 spring onion, thinly sliced
- ~ 1 small cucumber, cubed
- ~ 1 avocado, sliced
- ~ 1 cup jasmine rice, cooked
- ~ 1 tsp sesame seeds
- ~ 1 tsp red or green Sea Chicory, rehydrated

### Marinade

- ~ 20ml tamari or soy sauce
- ~ 10ml sesame oil
- ~ 5 ml honey or maple syrup
- ~ 1/2 red chilli, finely chopped (optional)
- ~ Kelp salt & pepper to taste

### Method

Place Wakame and Sea Chicory in separate small bowls. Cover with tepid water and let rest until re-hydrated and tender, for less than 5 minutes. Meanwhile, place tuna, onion, scallions, sesame seeds, chilli and marinade ingredients in a large bowl. Season with a small pinch of salt and gently fold to combine. Taste and adjust with more marinade ingredients if desired.

Drain the seaweed and squeeze out excess water. Roughly chop the seaweeds, add to the bowl and mix until well combined. Let the tuna sit at room temperature for at least 5 minutes then serve with rice, avocado, and cucumber. **Serves 4.**

## Raw Vermicelli Salad with Edamame & Wakame



### Ingredients

- ~ 1 packet of shelled frozen edamame
- ~ 200g packet of vermicelli noodles
- ~ 5g dried Wakame
- ~ 2 tbsp Dulse flakes
- ~ 1 cup shredded carrot
- ~ 1 capicum, 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

### Method

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.**