

Japanese Seaweed Salad (6 serves)

This seaweed salad recipe is a healthy Japanese dish. It's loaded with nutrients like vitamins and minerals like iron, calcium.

Ingredients

- 1 pack Nutritionist Choice seaweed salad mix
- 1 tablespoon + 1 teaspoon rice vinegar
- 1 tablespoon toasted sesame oil
- 1 tablespoon soy sauce
- 1/2 tablespoon agave nectar
- 1/2 teaspoon salt (to taste)
- 1/2 teaspoon ginger juice
- 1 tablespoon toasted sesame seeds
- 1 scallion, finely chopped

Directions

1. Put the dry seaweed in a large bowl and fill it with cold water. If you like your seaweed crunchy, soak it for 5 minutes. If you like it more tender, soak it for 10 minutes.
2. To make the dressing, combine the rice vinegar, sesame oil, soy sauce, agave nectar, salt and ginger juice in a small bowl and whisk together.
3. Drain the seaweed salad and use your hands to squeeze out excess water. Mix the seaweed salad with the dressing and sesame seeds. Toss thoroughly to combine. Plate the salad and garnish with scallions.



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