



# Recipes

## Sea Vegetables

### **Arame Sauté**

*Prep Time: 15 minutes*

*Cooking Time: 30 minutes*

*Yield: 2-3 servings*

#### **Ingredients:**

½ cup arame

Water

Shoyu

1 teaspoon mirin

1 teaspoon sesame oil

2-3 shallots, diced

2 cups button mushrooms, thinly sliced

1 carrot, sliced into matchstick-shape pieces

3 stalks broccoli, florets and stems diced

Apple juice

2 tablespoons sunflower seeds, lightly toasted

#### **Directions:**

1. Rinse arame well and set aside. It will soften in a few minutes without soaking.
2. Place arame in a small saucepan with enough water to cover halfway.
3. Bring to a boil, cover and cook over low heat for 15 minutes.
4. Season lightly with shoyu and mirin and cook until all the liquid has been absorbed. Heat the oil in a skillet over medium heat.
5. Add the shallots and cook, stirring until translucent, about 5 min.
6. Add the mushrooms and cook, stirring until wilted.
7. Add the carrots and cook stirring, for 1-2 minutes.
8. Finally, stir in broccoli and season lightly with shoyu. Cover and cook over low heat until broccoli is bright green, crispy and tender, about 4 minutes.
9. Stir in arame and sunflower seeds.
10. Transfer to bowl and serve warm.