



Recipes

Sea Vegetables

Eggs with Arame

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 2 servings

Ingredients:

1 cup arame
4 free-range organic eggs
pinch of sea salt

Directions:

1. Soak and wash arame.
2. Prepare eggs as you like best.
3. Cook arame in 1-inch of water for 5 minutes or until it moistens and heats nicely through.
4. Remove arame from water. Add to eggs.
5. Splash with some sea salt.

Variations:

Garnish with scallions or parsley.