



Recipes

Sea Vegetables

Quick Nori Soup

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Ingredients:

5 nori sheets
2 tablespoons daikon, grated
3 slices ginger
2 teaspoons umeboshi paste
3-4 cups boiling water

Directions:

1. In a dry skillet, toast each nori sheet for 1-2 minutes on each side.
2. Tear or cut nori into bite size pieces.
3. Add nori, umeboshi, daikon and ginger to a pot of boiling water and simmer for 10 minutes.

Variations:

Add chopped scallions just before serving. You can also try adding a grated carrot for a bit of a sweet flavor.