

QUINOA MAKI ROLL

Serves 4



INGREDIENTS

- 3/4 cup Quinoa, dry
- 1 1/2 cup Water
- 2 tsp Unseasoned Rice Wine Vinegar
- 2 tsp Granulated Sugar
- 1/8 tsp Kosher Salt
- 2 Tbsp. Pickled Ginger
- 1/2 Cucumber, seedless
- 4 Dried Nori Seaweed Sheets
- 1/2 cup Fresh Carrot, grated
- 1 Avocado

INSTRUCTIONS

1. Place quinoa and water into a pot and bring to a simmer; lower heat, cover tightly and low simmer for 15 minutes. Turn off heat and leave cover on to steam for 10 more minutes. Place cooked quinoa into a bowl and stir in vinegar, sugar and salt. Chill and set aside until completely cooled.
2. Chop pickled ginger and set aside. Do not peel the cucumber; julienne slice and set aside.
3. To assemble each sushi roll, place a nori sheet onto a clean, dry sushi rolling mat. Place 3/4 cup of the cooked and seasoned quinoa on the nori sheet and spread evenly over 2/3 of the sheet. Sprinkle 1/2 Tbsp of chopped ginger and then lay 1/4 of the carrots, 1/4 of the cucumbers and 1/4 of the avocado cut into 3 slices onto the middle of the quinoa. Using the mat, roll the sushi firmly and tightly. Wet the edges with water to seal.
4. Repeat with remaining 3 sheets of nori. Cut into 8 slices and serve.

SCAN TO ORDER
YOUR INGREDIENTS



SEA GODDESS DRESSING

Serves 27



INGREDIENTS

- 1 Tbsp. Black Pepper, ground
- 1 Tbsp. Salt
- 1/2 cup Kelp Seaweed (Atlantic Sea Farms) frozen
- 1/2 cup Water
- 1 cup Parsley
- 1/2 cup Tahini
- 1 Tbsp. Agave
- 1/2 cup White Wine Vinegar
- 2 Garlic Cloves, peeled
- 1/4 cup Tamari
- 1 Tbsp. Lemon Juice
- 1/2 cup Extra Virgin Olive Oil

INSTRUCTIONS

1. Using a blender, mix all ingredients except oil for 1 minute. Slowly add the oil while blending until the dressing is emulsified.

SCAN TO ORDER
YOUR INGREDIENTS



SEAWEED & AVOCADO SALAD WITH CASHEWS

Serves 4



INGREDIENTS

- 1/4 cup Fresh Baby Spinach, chopped
- 1 cup Fresh Radish, sliced
- 1 cup Daikon Radish, matchstick cut
- 1/2 cup Fresh Kale, chopped
- 3 Tbsp. Fresh Basil, chiffonade cut
- 1/4 cup Fresh Carrot, julienne sliced
- 1/2 cup Shredded Red Cabbage
- 1/2 cup Fresh Whole Kernel Corn
- 1/2 cup Warm Water
- 1/2 cup Dried Seaweed, cut
- 1/4 cup Fresh Lime Juice
- 1 1/2 Tbsp. Ground Coriander
- 1 Tbsp. Cumin
- 1/2 tsp Kosher Salt
- 1/4 cup Unsalted Cashews
- 1 Avocado, sliced

INSTRUCTIONS

1. Process all vegetables except avocado into desired sizes. Toss together and set aside.
2. Add the water to the dried seaweed and let sit 5-7 minutes while it reconstitutes. Drain and toss with other ingredients.
3. Incorporate the lime juice, coriander, cumin, and salt. Garnish with cashews and avocado slices and serve.

SCAN TO ORDER
YOUR INGREDIENTS



NORI AND GARLICKY CHICKPEA RICE BOWL

Serves 4



INGREDIENTS

- 2/3 cup Brown Basmati Rice, dry
- 3/4 tsp Canola Oil
- 2 tsp Fresh Shallots, peeled and minced
- 1 1/3 cup Water
- 1/8 tsp Kosher Salt
- 3/4 cup Dried Nori Seaweed Sheet, chopped thinly
- 1 1/2 cup Fresh Sugar Snap Peas
- 3 Tbsp. Sesame Oil
- 3 Tbsp. Garlic Cloves, peeled and sliced
- 1 cup Napa Cabbage, shredded
- 1 cup Canned Low Sodium Garbanzo Beans, drained
- 1/2 tsp Kosher Salt
- 1 1/2 Tbsp. Ground Cumin
- 1/4 tsp Ground White Pepper
- 4 tsp Hulled Pumpkin Seeds
- 3 Tbsp. Fresh Lemon Juice
- 1/4 cup Fresh Scallions, bias cut

INSTRUCTIONS

1. Rinse rice in cold water until the water runs clear, then drain.
2. Heat canola oil and sauté shallots and rice to lightly toast. Add cold water and first listed salt. Bring to a boil, stir once, cover, reduce heat to low and continue to cook the rice until fluffy, about 40 minutes stirring one more time during the cooking. Set aside.
3. Cut nori sheets into small squares and once the rice is done, stir into the rice and allow the nori to bloom. Set aside.
4. Cut sugar snap peas into thirds. In a large sauté pan heat the sesame oil, garlic, cabbage, snap peas, and garbanzo beans, 3-5 minutes. Do not overcook.
5. Incorporate the rice and nori into the sautéed vegetables. Add the second listed salt, cumin, white pepper, pumpkin seeds and lemon juice and stir thoroughly. Serve warm.

SCAN TO ORDER
YOUR INGREDIENTS



SEA VEGETABLES

EVERYDAY SUPERFOODS