Seaweed Chips

Ingredients:

- dried kelp / seaweed
- 1 - 2 Tbsp oil (sesame or olive)
- 1 Tbsp sesame seeds (optional)

Instructions:

1. Cut dried bladder kelp into bite-sized pieces
2. Heat oil in frying pan, and once the pan is warm, toss the kelp in.
3. Stir fry over a medium heat for 2-3 minutes and toss until the colour changes (green and crispy).
4. Take the kelp out and drain it on absorbent paper to remove any excess oil.
5. Sprinkle with roasted sesame seeds to serve.

Suitable Seaweed Species

- Wakame (*Undaria pinnatifida*)
- Bladder Kelp (*Macrocystis pyrifera*)



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