

Algae salad with sesame and chili

Ingredients required for 4 persons

Preparation time 20 minutes

Difficulty easy

Ingredients

1200 g wakame algae
4 EL lemon juice
150 g sesame seeds
4 EL omega 3 DHA + EPA oil
1 Prise salt
1 TL sugar
1 Prise pepper
1 chili pepper
80 ml soy sauce
2 EL sesame oil



Preparation

Place the wakame algae in a sieve, wash thoroughly and allow to drip. Mix algae, lemon juice, sesame oil, omega DHA oil, salt, sugar and pepper in a bowl. Toast sesame seeds in a pan without oil and add to salad. Cut chili pepper into fine rings and mix with the salad. Serve with soy sauce.