



Spicy Seaweed Crisps

This recipe makes soft pretzels with a golden-brown, chewy crust and a soft, fluffy interior. Using bicarbonate of soda (baking soda) for the alkaline bath creates a similar flavour and texture to traditional lye pretzels, but with a safer and more accessible ingredient.

Prep Time: 5 mins, **Cook Time:** 5 mins, **Serves:** 2-4

Ingredients

- 4 sheets nori seaweed
- 1 tbsp olive oil
- ½ tsp smoked paprika
- ½ tsp chilli flakes (optional)
- ½ tsp sea salt

Method:

1. Preheat oven to 150°C (130°C fan).
2. Brush each nori sheet lightly with oil and sprinkle with smoked paprika, chilli flakes, and sea salt.
3. Stack two sheets together, press down, and cut into small strips or squares.
4. Bake for 5–7 minutes until crispy (keep an eye on them as they cook fast!).
5. Let cool and serve as a crunchy, umami-rich snack.

Nutritional information:

Nutrient	Amount in 10g of Dried Nori	% of Adult RDA (approx.)
Fibre	~3.0g	10%
Vitamin D	~1 µg	10%
Omega-3 (ALA)	~150 mg	10%
Glutamine	~200 mg	N/A
Zinc	~1.0 mg	~9% (of 11 mg RDA)
Magnesium	~40 mg	~10% (of 400 mg RDA)