



## Spinach Arame Sauté

By Jennifer Brawn

Arame, a mild sea vegetable, mixed with spinach and carrots, looks attractive, tastes delicious, and packs a healthy punch. Serve with fish such as salmon or tuna. Arame can be found in health-food stores and Asian markets.

4 to 6 servings

**Prep Time:** 15 minutes

**Cook Time:** 10 minutes

**Storage:** Refrigerate overnight

**Type of Dish:** Vegetables & Side Dish

### Ingredients

- 1 cup arame, loosely packed
- 1 teaspoon toasted sesame oil
- 2 teaspoons mirin
- 2 teaspoons shoyu or tamari
- 1 teaspoon extra virgin olive oil
- 3 garlic cloves, minced
- 1 carrot, peeled, and thinly sliced on the diagonal
- 2 bunches spinach, stemmed and washed



Photo: Lori Eanes Photography

### Instructions

Cover arame with water and soak for 10 minutes. Drain and set aside.

Combine the toasted sesame oil, mirin, and shoyu in a small bowl and set aside.

Combine the olive oil and garlic in a large pot and warm over medium-high heat. Cook garlic for 1 minute, then add the carrot and cook for another 3 minutes, stirring occasionally. Add the spinach to the pot, stir to combine, and cook, covered, for 3 minutes until spinach is slightly wilted. Remove lid and add sauce mixture and arame, stirring to combine, and cook for an additional minute.

Serve warm or at room temperature.