



Hijiki and Edamame -????

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1.Hijiki Hiziki (seaweed)30g
- 2.carrot (some)
- 3.boiled Edamame (Some)
- 4.Hon Dashi 1tsp
- 5.suger 1tbsp
- 6.Sake 1tbsp
- 7.Soy sauce 2tbsp
- 8.water 1cup
- 9.sesame oil
(konjak, deep-fried bean curd)

Instructions

- 1.Wash The hiziki, change water 2-3times , Soak it 30min.
 - 2.Shared carrots
 - 3.heat some sesame oil in a pan, and fry Hijiki and carrot by Medium heat.
 4. Add 3-8. boil it by Medium heat.
 5. less water, Add Edamame (konjak, deep-fried bean curd) and Mix.
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