

Seedy Nori Crumble

Yield About 1 cup | *Prep & cook time* 15 minutes

¼ cup (40g) raw cashews, walnuts, almonds, or hazelnuts
2 tablespoons (20g) raw pumpkin seeds
2 tablespoons (22g) raw sesame seeds
1 tablespoon (11g) flaxseeds
8 to 10 (5g) small, mild dried chiles, or 1 to 2 teaspoons mild chili flakes (see note below)
2 sheets (8-by-8 inches) untoasted nori
2 teaspoons (8g) chia seeds
1 teaspoon coarse salt

The nori and dried chilies don't break down well in a food processor, blender, or even mortar and pestle—it's best to crumble them by hand.

Use your judgment with the chilies. Break off a piece of what you've got and taste it. You may only need 1 or 2. It's also fine to opt for chili flakes instead.

Sprinkle liberally over crunchy-lettuce salads, plain yogurt and creamy cheeses and hummus, pasta and cold rice or noodle dishes, and even sprinkle over your [savory oatmeal](#).

1. Roast the nuts: Preheat your oven or toaster oven to 325°F. Arrange the nuts in a small skillet or baking sheet and toast until golden, 8 to 10 minutes. Cool.
2. Set a wok or skillet over medium-low heat, then one by one, toast the pumpkin seeds, sesame seeds, and flax seeds. Be attentive, swirling the pan often, until you get a nice, heady, wave of aroma, 30 seconds to 2 minutes. Transfer to a plate to cool.
3. Toast the chiles in the pan as well, until they become fragrant. If they have stems attached, break them off and discard them. For a milder mix, break some or all of the chilies open and pour out the seeds. Crumble them with your fingers or use a chef's knife to mince them. (Skip this step if using chili flakes.)
3. Wave the nori sheets directly over the flame or heat source (or under a broiler, if you have induction) until they curl and become crisp, 10 to 20 seconds total. Once cool, use your fingers to crumble them up.
4. Add all ingredients to a food processor, blender, or mortar, and pulse or pound the mixture until it has a coarse but even consistency. Store in an airtight container in the fridge for up to 2 weeks.