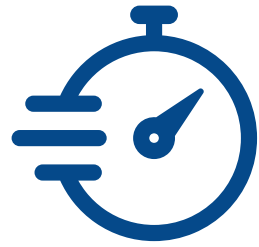


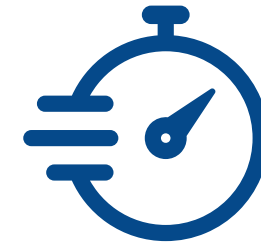
CANNED SALMON SUSHI BOWL



SERVINGS
1



PREP TIME
10 MINS



COOKING TIME
20-25 MINS

INGREDIENTS

- 2¾ oz wild rice blend, approximately ⅓ cup uncooked
- 1 x 3.9 oz (110g) can salmon, drained
- ½ small cucumber, diced
- 1 tsp sesame oil
- 1 tsp sesame seeds
- ¼ avocado, sliced
- 1 tbsp pickled ginger
- 1 sheet nori seaweed
- 1 tsp soy sauce, plus extra to serve if desired
- ½ tsp rice vinegar
- Freshly ground black pepper, optional

TOP TIP

Let the rice cool slightly before assembling the bowl. If it is too hot, it can soften the cucumber, avocado and nori. Keeping the toppings fresh and cool gives the bowl a much better contrast of textures.

DIRECTIONS

1. Cook the wild rice blend according to package instructions until tender. Drain if necessary and leave to cool slightly.
2. Place the diced cucumber in a small bowl and toss with the sesame oil and sesame seeds.
3. Stir the rice vinegar and soy sauce through the warm rice, then spoon it into a serving bowl.
4. Drain the canned salmon well and gently flake it into large pieces.
5. Arrange the salmon over the rice along with the sesame cucumber, sliced avocado and pickled ginger.
6. Cut the nori sheet into strips or smaller pieces and serve alongside the bowl, or tuck it into the side so it can be used to scoop up the rice and salmon.
7. Finish with a little extra soy sauce if desired and serve immediately.

