

SALMON AND TUNA SUSHI



QUICK

Less than 15 mins
prep time

HEALTHY

Salmon is very high in
omega-3 fatty acids which
helps reduce 'bad'
cholesterol and high
blood pressure

FAMILY



Feeds 5

MEALS

Serve with edamame
and miso soup

INGREDIENTS

- 2 salmon and/or tuna fillets (approx. 300g)
- 1-2 avocados
- ½ cucumber
- 2 spring onions
- 12 sheets Nori seaweed
- Sushi rice - 200g uncooked
- Sushi rice seasoning

Optional

- 50g mayonnaise
- 2 tsp Chilli powder sichimi

METHOD

- 1) Pop the fish into the freezer – it makes it easier to cut
- 2) Cook sushi rice till tender. Allow to cool. Do not rinse
- 3) Chop cucumber into fingers
- 4) Chop spring onion into fingers
- 5) Remove fish from freezer and slice into fingers
- 6) Add sushi rice seasoning to cooled rice - to taste
- 7) Optional – make spicy mayo by mixing mayonnaise with chilli powder sichimi
- 8) At the last minute, slice your avocado
- 9) Lay it all on the table and let everyone make their own
- 10) Put nori seaweed on a mat, place rice at the bottom, top with fish and veg and roll up.
- 11) Slice into rolls



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To watch a video showing how this is made or to explore more
Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com