

SALMON AND TUNA SUSHI – with/out rice



QUICK



12 mins

HEALTHY

Salmon and tuna are very high in omega-3 fatty acids which help reduce 'bad' cholesterol and high blood pressure

FAMILY

Feeds 5 plus one for packed lunch

MEALS

Everyone LOVES this. It makes a brilliant packed lunch for the next day too

INGREDIENTS

- 4 salmon and/or tuna fillets (approx. 550g)
- 2 avocados
- ¾ cucumber (24cm)
- 4 spring onions
- 12 sheets Nori seaweed

Optional

- (Sushi) rice -350g uncooked
- Sushi rice seasoning
- 50g mayonnaise
- 2tsp Chilli powder sichimi

METHOD

1. Pop the fish into the freezer – it makes it easier to cut
2. Cook sushi rice till tender. When ready – rinse under cold water then leave to drain
3. Chop cucumber into fingers
4. Chop spring onion into fingers
5. Remove fish from freezer and slice into fingers
6. Optional - Add sushi rice seasoning to taste
7. Optional – make spicy mayo by mixing mayo 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. Lay the nori seaweed out and at the bottom, place rice, then layer with fish and veg and roll up. Slice or just eat as a roll.
11. Delicious served with miso soup and edamame



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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