

Salmon Sushi Rolls

Makes 4 Rolls

Preparation time: 15 minutes

Assembly time: 10 minutes

Equipment: Sushi rolling mat

Ingredients

Coles

400g Salmon (pin boned and skin off)

1 Tbs white sugar

Astee Grocer

30g Pickled ginger, 4 sheets of nori

seaweed sheets, 1 cup white or brown sushi rice,

3 Tbs rice vinegar, 1 Tbs sesame seeds, 4 Tbs Kewpie mayo

Strawberry Point

1 cucumber (de-seeded and cut into sticks), 1 avocado (lightly mashed)

Method

Place the rice into a rice cooker and cover with water so that there's 1cm of water above the rice. Cook until tender. Add the vinegar and sugar and stir rapidly. Turn out onto a tray and rapid chill (in freezer if accessible).

Gently pan fry the salmon until it is cooked through and allow to cool. Flake the Salmon into pieces and divide into four.

Lay the nori out on the sushi mat, shiny side down. Cover the nori with a thin layer of the cooled rice edge to edge. Leave 2cms at the top clean to allow the nori to seal. Assemble the avocado, cucumber down the middle of the rice.

Add the salmon, ginger, sesame seeds and the mayo. Using a wet finger, dab the salvage with water. Roll up the mat and at the first turn, give the roll a squeeze to firm up the ingredients.

Finish rolling and seal with the damp nori strip. Cut into pieces.



 Free WIFI available

 /brandonparkvic

 @brandonparkcentre

Visit our website for more details

brandonparkcentre.com.au

**Brandon
Park**