Med Salmon Bowl

Sushi-rice bowl with pickled carrot, zucchini ribbons, avocado, salmon trimmings, nori and sweet soy dressing.

Salad bowl. Takeaway: soup & salad bowl.

Contains Fish - Soy - Sesame

INGREDIENTS

- 120g cooked sushi rice
- 15g pickled carrot ribbons (6-8 strips)
- 15g zucchini ribbons (6-8 strips)
- 50g avocado cubes (½ medium avocado)
- 30g salmon trimmings
- 5g pickled red onion (about 5 strips)
- 2g mixed sesame seeds (1 tsp)
- ¼ nori sheet, cut into 5 strips
- 10ml sweet soy dressing (2 tsp)

METHOD

1. Place the sushi rice in the bottom of a rimmed salad bowl and spread it out.
2. Arrange the carrot strips over the rice.
3. Arrange the zucchini ribbons on top.
4. Top with avocado cubes.
5. Spread the salmon pieces over the salad.
6. Top with pickled red onion.
7. Sprinkle sesame seeds over the salad.
8. Cut the nori sheet into strips lengthways and place on top.
9. Drizzle with sweet soy dressing and add a lemon wedge.

GARNISH

- 1 lemon wedge

EQUIPMENT



- Chopping board
- Vegetable knife
- Cheese knife