Rainbow Roll - Avo & Salmon / Avo & Tuna

Rainbow roll with salmon or tuna and avocado inside and outside.

Small coloured plate. Contains Fish



INGREDIENTS

- 1/2 sheet nori
- 120g Sushi rice
- 30g Salmon for inside
- 25g Avocado for inside
- 15g Cucumber for inside
- 30g Salmon for outside
- 15g Avocado for outside
- Or swap salmon for tuna throughout (Rainbow Roll - Avo & Tuna)

METHOD

1. Spread the rice onto the rough side of the Nori.
2. Turn the nori with the rice over.
3. Place the fillings in the middle on top of the nori.
4. Roll up gently without pressing too hard.
5. Place thin slices of Salmon and Avo over the top of the roll, slightly overlapping, at an angle.
6. Cut the roll into 8 even pieces and plate.
7. Plate and garnish with wasabi, ginger and pickled red onion.

GARNISH

- 5g Wasabi
- 10g Ginger
- 1g Pickled onion

EQUIPMENT

- Chopping board
- Sushi knife
- Rolling mat

WATCH THE METHOD

Pre-rolling sushi https://www.youtube.com/watch?v=DZetRB7_hi0
How to cook sushi rice https://www.youtube.com/watch?v=pvoCLIrg4S0
How to sharpen your sushi knife https://www.youtube.com/watch?v=1qTDIkxTj6E
How to fillet a salmon https://www.youtube.com/watch?v=swG_SQJ_YgA