



SUSHI SALMON RICE BOWLS

 **Prep: 10 minutes**

 **Cook: 15 minutes**

 **Serves: 2**

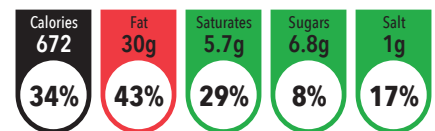
INGREDIENTS:

- 150g sushi rice
- 1 tbsp mirin
- 1 tsp **LoSalt**
- 200g red cabbage, finely shredded
- 2 tbsp white wine vinegar
- 2 salmon fillets
- 1 ripe avocado, sliced
- 1 tsp black sesame seeds and sushi ginger to serve

METHOD:

1. Place the sushi rice in a medium saucepan with 400ml water, the mirin, and **LoSalt**, bring to the boil and simmer gently for 15 minutes, covered until rice is tender and water has been absorbed. Take off the heat and leave it for 5 minutes to steam.
2. Meanwhile, mix the cabbage with the vinegar and set aside to marinate.
3. Poach the salmon in a pan of simmering water for 5 minutes and drain. Remove the skin and break into large flakes.
4. Place the rice in 2 shallow bowls, top with the salmon, cabbage and avocado, sprinkle with sesame seeds and top with sushi ginger to serve.

Each serving contains



of your guideline daily amount

COOKS TIP:

Shop bought pickled cabbage can be used as a cheat to save time. Also lovely with hot smoked salmon or mackerel instead of the salmon.