

Low Carb Sushi Rolls Recipe

Ingredients:

Cauliflower rice

- 650 g cauliflower
- 2 tbsp rice vinegar
- ¼ tsp salt

Filling

- 4 nori sheets
- 150g salmon
- 75g cucumber
- 1 avocado
- 30g daikon
- 4 tbsp mayonnaise
- 1 tbsp (10 g) sesame seeds

Method:

1. Using a grater or food processor, shred the cauliflower into rice-sized pieces. Steam or microwave the cauliflower rice on high for 2-3 minutes. Allow to cool completely.
2. Add rice vinegar and salt. Squeeze out excess liquid.
3. Assemble the sushi rolls. Start by placing the rectangular nori sheets with the shiny side down on a bamboo mat (included in most sushi kits).
4. Spread the cauliflower rice in a ½ inch (1 cm) thick even layer so it covers ¾ of the sheet. Leave some space at the far edge so you can close the roll later.
5. Add thinly sliced salmon, cucumber, avocado and daikon in the middle. Add some mayonnaise and sesame seeds, if you're using any.
6. Start rolling firmly but carefully, and close by brushing water on the rice-free edge.
7. Lift from the mat and cut with a really sharp damp knife. Serve with ginger, soya and wasabi paste.



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