

Sushi bowl with salmon and avocado



 20 min.  572 kcal
 SteviaSweet Baking Granules

Preparation

Rinse the rice in cold water until the water runs clear. Transfer the strained rice into a pan and add the water. Bring to the boil, then steep, covered, for about 10 minutes. Turn off the heat and leave the rice to steam under the lid for 10 more minutes. Mix the rice vinegar, [SteviaSweet Baking Granules](#) and salt in a bowl. Pour the rice into a shallow bowl and strain the vinegar mixture in. Mix quickly. Unless using right away, cover the rice loosely with cling film.

Remove any skin and bones from the salmon. Cut the fish into cubes. Cook the pieces in a small amount of vegetable oil. Mix the ingredients for the marinade and put the warm fish pieces into the mixture to marinate.

Cut the cucumber and avocado the way you wish. Toast the sesame seeds quickly on a dry pan. Assemble the portions. Put the rice into the bottom of the bowl. Put the salmon cubes and vegetables on top of the rice. Finish with sesame seeds, and if you wish, decorate with radishes and beansprouts.

Ingredients for 4 servings

Sushi-rice

250 g	sushi rice
350 ml	water for cooking the rice
2 tbsp	rice vinegar
1 tsp	SteviaSweet Baking Granules
1 tsp	salt

Marinated salmon

400 g	fresh salmon
	Vegetable oil for cooking
2 tbsp	soy sauce
2 tbsp	rice vinegar
1 tbsp	sesame oil
2 tsp	SteviaSweet Granulated
2 tsp	wasabi paste
1/2 tsp	sambal oelek

To serve

2	avocados
100 g	cucumber
	Toasted sesame seeds
	Radish
	Beansprouts

Nutritional information per portion

572	kcal
2400	kJ
28	Protein in g
54	Carbohydrates in g
27	Fat in g

