



Salmon & cucumber sushi rolls



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



12

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 sheets nori seaweed
- ☐ 100 g salmon fillet fresh skinless thinly sliced (use really)
- ☐ 0.3 cucumber deseeded thinly sliced
- ☐ 1 tablespoon wasabi
- ☐ 12 servings pickled ginger
- ☐ 12 servings soy sauce light
- ☐ 100 g sushi rice
- ☐ 2 tsp mirin

- ☐ 1 tbsp sugar (omit if using mirin)
- ☐ 25 ml rice vinegar

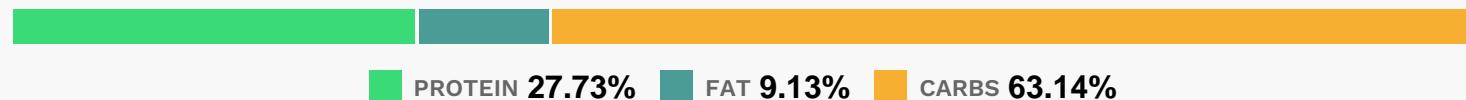
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ First, make the rice. Rinse the sushi rice in a colander, massaging it with your hands until the water runs clear. Leave to drain for 15 mins.
- ☐ Put the rice in a saucepan with 200ml water and the sake or mirin, if using. Bring to the boil, then cover with a lid, reduce the heat to low and simmer for 20 mins until the liquid is absorbed.
- ☐ Remove from the heat. Set aside, covered, for 15–20 mins.
- ☐ Transfer to a large bowl. Dissolve the sugar, if using, in the vinegar with a good pinch of salt, pour over the rice and mix. Cover with a damp tea towel and set aside at room temperature until ready to use.
- ☐ Put 1 nori sheet on a bamboo mat and cover the surface with half of the cooled rice.
- ☐ Lay half of the salmon and cucumber slices along the length of the rice in a strip, being careful not to overfill it. Run a pea-sized blob of wasabi (more if you like it really hot) along the edge of the filling with your finger.
- ☐ Roll up tightly and squeeze to seal when you reach the end. Repeat with the remaining nori, salmon and cucumber, and more wasabi. Slice each roll into 6 pieces, and serve with extra wasabi, ginger, soy sauce and salmon roe, if you like. Will keep in the fridge for 1 day.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:6.32, Inflammation Score:-1, Nutrition Score:3.0621739520651%

Nutrients (% of daily need)

Calories: 61.19kcal (3.06%), Fat: 0.62g (0.95%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 9.12g (3.32%), Sugar: 1.61g (1.78%), Cholesterol: 4.58mg (1.53%), Sodium: 1016.71mg (44.2%), Alcohol: 0.08g (100%), Alcohol %: 0.23% (100%), Protein: 4.22g (8.43%), Manganese: 0.19mg (9.33%), Vitamin B3: 1.56mg (7.82%), Selenium: 4.48µg (6.4%), Vitamin B6: 0.12mg (6%), Phosphorus: 48.38mg (4.84%), Vitamin B12: 0.26µg (4.42%), Vitamin B2: 0.07mg (4.01%), Iron: 0.66mg (3.68%), Copper: 0.07mg (3.41%), Magnesium: 13.09mg (3.27%), Vitamin B1: 0.05mg (3.18%), Vitamin B5: 0.3mg (2.95%), Potassium: 102.51mg (2.93%), Fiber: 0.48g (1.93%), Folate: 7.61µg (1.9%), Zinc: 0.26mg (1.72%)