



WHATSheATE



Scattered California Roll with Lobster



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cucumber--peeled seeded cut into 1-inch julienne
- ☐ 1 haas avocados ripe cut into 1-inch julienne
- ☐ 1.5 pound pd of lobster
- ☐ 1 tablespoon pickled ginger finely chopped
- ☐ 4 radishes cut into 1-inch julienne
- ☐ 0.3 cup rice vinegar
- ☐ 2 scallions cut into 1-inch julienne
- ☐ 0.1 teaspoon sea salt

- ☐ 1 tablespoon sesame seed
- ☐ 2 teaspoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 10 ounces sushi rice
- ☐ 4 teaspoons vegetable oil
- ☐ 2 teaspoons powdered wasabi mixed with 2 tablespoons water
- ☐ 2 cups water
- ☐ 1 inch sheets by) shredded finely
- ☐ 1 inch sheets by) shredded finely

Equipment

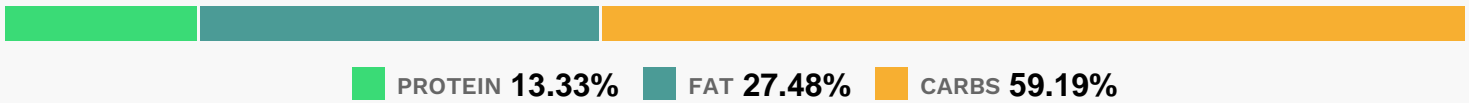
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a small bowl, combine 2 tablespoons of the vinegar with the sugar, stirring until dissolved. In a medium saucepan, combine the rice with the water and bring to a boil. Stir, then cover and cook over low heat until the liquid is absorbed, about 15 minutes.
- ☐ Remove from the heat and let stand, covered, for 10 minutes.
- ☐ Spread the rice on a large platter and toss with the sweetened vinegar. Refrigerate briefly until cool.
- ☐ Bring a large pot of water to a boil.
- ☐ Add the lobster and cook for 8 minutes.
- ☐ Remove the meat from the tail and claws. Discard the intestine in the tail. Coarsely chop the meat and let cool.
- ☐ Toast the sesame seeds in a small dry skillet over moderate heat, stirring constantly, until golden, about 3 minutes.
- ☐ Transfer to a plate to cool.

- ☐ In a large bowl, combine the remaining 2 tablespoons of rice vinegar with the oil, ginger, wasabi paste and soy sauce. Season with the sea salt.
- ☐ Add the rice, radishes, scallions, cucumber and lobster meat and toss gently to combine; let stand for 15 minutes to blend the flavors. Fold in the avocado, sesame seeds and nori just before serving.
- ☐ Make Ahead: The lobster, sesame seeds and dressing can all be prepared up to 1 day ahead.
- ☐ Wine Recommendation: Toasted sesame seeds, sweet sushi rice and mild lobster make this dish a good match for a crisp, aromatic Australian Riesling, such as the 1997 Pikes or the 1998 Grosset Polish Hill.

Nutrition Facts



Properties

Glycemic Index:96.77, Glycemic Load:47.94, Inflammation Score:-5, Nutrition Score:19.59173918807%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 454.71kcal (22.74%), Fat: 13.8g (21.24%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 66.91g (22.3%), Net Carbohydrates: 60.4g (21.96%), Sugar: 2.71g (3.01%), Cholesterol: 60.49mg (20.16%), Sodium: 461.33mg (20.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.13%), Selenium: 42.15µg (60.22%), Copper: 1.04mg (51.76%), Manganese: 0.94mg (47.06%), Vitamin K: 36.7µg (34.96%), Fiber: 6.51g (26.04%), Vitamin B5: 2.19mg (21.85%), Zinc: 3.23mg (21.51%), Phosphorus: 191.09mg (19.11%), Magnesium: 71.44mg (17.86%), Vitamin B3: 3.47mg (17.33%), Folate: 68.84µg (17.21%), Vitamin B6: 0.33mg (16.49%), Potassium: 558.74mg (15.96%), Vitamin B1: 0.22mg (14.51%), Vitamin E: 1.89mg (12.62%), Iron: 2.2mg (12.24%), Vitamin C: 9.75mg (11.82%), Vitamin B12: 0.6µg (9.92%), Calcium: 96.19mg (9.62%), Vitamin B2: 0.15mg (8.72%), Vitamin A: 189.9IU (3.8%)