

to healthier, happier you

Get ready to a fun and delicious

Crispy Sushi Tacos

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of raw salmon
100g of sushi sticky rice (cooked) or use another rice
3 sheets of nori (seaweed)
1/2 cucumber
1/2 avocado
2 tsp of honey
1 tbsp lime juice
1 tsp soy sauce
1/2 tsp garlic powder
1/2 tsp chili flakes (optional)
1/4 cucumber, thinly sliced
1/2 avocado, thinly sliced
2 tsp sesame seeds
Soy sauce for drizzling
1 tsp of peanut butter

INSTRUCTIONS:

Start by making sticky rice or use any leftover rice you have. To make sticky rice, rinse the rice until the water runs clear to remove excess starch. After rinsing, add the rice and double the amount of water to a pan and let it soak for about 10 minutes. Cover the pan with a lid, bring the water to a boil over medium heat, then reduce the heat to low and let it simmer for 12-15 minutes until all the water is absorbed. Turn off the heat and let the rice sit, covered, for another 10 minutes to steam. Add 1 tablespoon of vinegar and salt to taste, then gently mix.

Preheat your oven or air fryer to 250°C (482°F). In a small bowl, mix cubed salmon with honey, lime juice, soy sauce, garlic powder, and chili flakes. Grill in a pan until cooked through and caramelized.

Cut the seaweed sheets into circles. Spread the sticky rice evenly over each seaweed circle, pressing gently to adhere. Air fry the seaweed shells at 250°C for 15 minutes or until crispy. Top each crispy seaweed shell with flaked honey lime salmon, cucumber slices, and avocado. Drizzle with a soy sauce mixed with peanut butter, sprinkle with sesame seeds, and ENJOY!

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BY NICOLINA