

Avocado, Salmon and Edamame Sushi Bowl



Ingredients

- 1 cup round grain sushi rice
- 1½ cups water
- 1 tbsp rice vinegar
- 1 avocado, thinly sliced
- ½ cup edamame (soybeans), thawed
- 1 carrot, peeled and cut into long and thin julienne slices
- 1 nori sheet, cut into pieces
- ½ lb (225 g) fresh sushi salmon, sliced
- Black and white sesame seeds, soy sauce, and sesame oil to serve

Serves 2

Preparation

1. Rinse the rice 2 to 3 times in a fine sieve. Drain well.
2. Add the rice and water to a saucepan. Leave uncovered, and bring to a boil. Reduce the heat to low, cover and cook for approximately 10 minutes. Turn off the heat and leave to rest on the burner for 10 more minutes.
3. Add the rice vinegar and, using a fork, carefully blend into the rice, taking care not to crush it. Leave to cool to

