



TUNA SALAD SUSHI BOWLS

WITH CUCUMBER AND AVOCADO

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 30 minutes

These tuna salad sushi bowls are a great (and easy!) alternative to homemade sushi. Plus they have the added bonus of lots more veggies!



RICE

- 1 1/3 cups sushi rice (350g)
- 2 cups cold water (500ml)
- 1 1/2 Tbsp rice wine vinegar
- 1/2 Tbsp caster sugar
- 1/4 tsp salt

TUNA SALAD

- 425g can tuna in spring water (15oz)
- 1 shallot
- 3 Tbsp mayonnaise or aioli

- 2 Tbsp lite sour cream
- 1/2 Tbsp wholegrain mustard

TO SERVE

- 1 Tbsp sesame seeds
- 1 cup frozen corn kernels (160g)
- 1 cup frozen shelled edamame beans (155g)
- 1/2 telegraph cucumber
- 1 avocado
- 2 Tbsp sushi ginger
- 3-4 tsp soy sauce

1. COOK RICE

Rinse rice well under cold water. Place in a medium-large non-stick pot and stir in water. Bring to the boil, reduce heat to medium, cover with a lid and leave to simmer for 15 minutes. Remove from heat and leave to rest for 5 minutes.

2. MAKE TUNA SALAD

Meanwhile, drain tuna well. Finely dice shallot. Combine all tuna salad ingredients in a bowl and mix well. Season with salt and pepper to taste.

3. PREPARE SERVING INGREDIENTS

Heat a small frying pan on medium heat. Add sesame seeds and cook, stirring, until golden / toasted.

4. Place corn kernels and edamame in a heatproof bowl and pour boiling water over to cover. Leave for 5 minutes.

5. Thinly slice cucumber and dice avocado. Drain corn and edamame.

6. SERVE

Stir vinegar, sugar, salt, corn and edamame into rice. Divide between individual serving bowls and top with tuna salad, cucumber, avocado and sushi ginger. Sprinkle with sesame seeds and drizzle with soy sauce.



WINE MATCH: Go for a dry Rosé.

TUNA SALAD SUSHI BOWLS RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free mayonnaise or aioli, and gluten-free soy sauce.

INGREDIENT SWAPS / NOTES: If you don't have rice wine vinegar you can use white vinegar instead. Cooked prawns, shrimp or shredded roast chicken are good alternatives to tuna. You can omit the sour cream and add an extra tablespoon of mayonnaise or aioli instead. If you have some dried seaweed on hand, cut this into thin strips and sprinkle on top of the assembled sushi bowls.

STORING AND REHEATING: Store individual portions in containers in the fridge and eat cold.