

## Simple Brown Rice Sushi Bowl

Serves 4

### Ingredients:

- 1 cup brown rice (or equivalent pre-cooked)
- 425g tin tuna or salmon in olive oil, drained (for a vegetarian option, replace with marinated tofu)
- 1 large red capsicum, seeds removed and thinly sliced in to strips
- 1 large or 2 small cucumbers, cut in to strips
- 2 carrots, cut in to strips
- 1 medium avocado, cut in to strips
- 1 spring onion, thinly sliced
- 4 pieces sushi (nori) paper, cut in to quarters or strips
- Soy sauce to taste
- 2 teaspoons sesame oil
- 4 teaspoons mayonnaise
- 4 teaspoons sesame seeds
- Optional: wasabi or chilli & pickled ginger, to serve



### Method:

Cook brown rice according to packet directions then transfer to a large bowl and leave aside to cool.

### To serve:

1. Place rice in bowls,
2. Arrange sushi paper on the side of the bowl then place tuna, capsicum, cucumber, carrot and avocado in sections (as shown in picture),
3. Sprinkle soy sauce and sesame oil over everything,
4. Garnish with spring onion, mayonnaise and sesame seeds (plus wasabi, chilli and/or pickled ginger if desired)