



CHLOË BOWLER
complete wellbeing

SEAFOOD SUSHI



Ingredients (Serves 2)

- 200g white crab meat
- 200g cooked, peeled prawns
- 200g sushi rice
- 4 sheets of seaweed nori
- 2 tbsp seafood sauce
- 2 tbsp light soy sauce
- 10cm cucumber chopped into strips

Instructions

1. Steam the rice, then leave to cool completely.
2. Pat the rice on to the seaweed sheet, then spoon some seafood sauce along the midline.
3. Place some crab along the seafood sauce and top with the cucumber.
4. Roll the seaweed sheet up tight into a maki roll.
5. Tighten the roll with cling film and leave to cool in the fridge.
6. Repeat with prawns or any other filling you prefer.
7. Serve with a bowl of soy sauce for dipping.

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