

**PLEASE FEEL FREE TO SIMPLY WATCH THIS CLASS TO
LEARN THIS TASY MEAL**

~ LET'S CREATE & NOURISH ~

DECONSTRUCTED SUSHI BOWL

INGREDIENTS

SERVINGS 1-2

2 cups of precooked brown/white rice/sushi rice (boiled & drained)

1/2 avocado (peeled & with pip removed)

1/2 small cucumber

Vegan mayonnaise, can be found in most large supermarkets in Australia (optional)

Dried nori seaweed sheets (can be found in most large supermarket in health/Asian aisle in Australia)

1 small carrot

Tbsp vinegar

Himalayan salt or salt to season

1-2tsp Tamari or soy sauce (adjustable)

EQUIPMENT

Knife (cutting vegetables)

Peeler (to peel carrots)

Measuring spoons (if measuring sauces during class)

Mixing spoon (stir rice mixture)

Container, lunch box or serving bowl (to serve or store meal)

PREPARATION

- 1 - Mix vinegar, tamari/soy sauce salt into rice well. Adjust salt for your liking. Set aside.
- 2 - Cut cucumber into long slices or as desired. Set aside.
- 3 - Peel outer skin of carrot & discard. Continue peeling carrot downward into ribbons, until you have roughly one handful. Set aside.
- 4 - Cut 1/2 avocado into slices. Set aside.
- 5 - Begin to construct your sushi bowl. Firstly lay down your rice. Next top rice with vegetable ingredients. Either separated or however you please. Crush your dried nori seaweed sheets into small pieces & place on top. Top your sushi bowl with mayonnaise however you please. Enjoy!

I HOPE YOU ENJOY THIS TASTY DISH FULL OF PLANT POWER

I LOOK FORWARD TO CONNECTING AGAIN SOON

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