KIKKOMAN

Chirashi sushi with salmon and rice

Total time **80 mins** **50 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
1,393 kJ / 333 kcal

Fat: **12.9 g** Protein: **18.2 g**
Carbohydrates: **49.5 g**

INGREDIENTS

4 portion(s)

300 g	rice
90 ml	Kikkoman Seasoning for Sushi Rice (125ml)
100 g	skinless salmon fillet (sashimi grade)
75 ml	Kikkoman Naturally Brewed Soy Sauce
75 ml	Kikkoman Mirin-Style Sweet Seasoning
0.25	avocado
4	shiitake mushrooms
0.25	carrot
	Salt
2 tsp	sugar
1 tsp	white sesame seeds
10	mangetout
80 g	ready-to-cook prawns
3	eggs
1 tbsp	sunflower oil
60 g	salmon roe (ikura)

PREPARATION

Step 1

300 g rice - **90 ml** Kikkoman Seasoning for Sushi Rice (125ml) - **100 g** skinless salmon fillet (sashimi grade) - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** Kikkoman Mirin-Style Sweet Seasoning - **0.25** avocado
Wash the rice 3–4 times, drain, soak in 420 ml water for about 20 minutes and cook. Season with the Kikkoman Seasoning for Sushi Rice. Cut the salmon into small pieces and marinate for 15 minutes in the Kikkoman Soy Sauce and Kikkoman Mirin-Style Sweet Seasoning. Dice the avocado.

Step 2

4 shiitake mushrooms - **0.25** carrot - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** Kikkoman Mirin-Style Sweet Seasoning - Salt - **1 tsp** Sugar - **1 tsp** white sesame seeds
Slice the shiitake mushrooms thinly. Cut the carrot into quarter slices, blanch in boiling salted water for about 3 minutes, then refresh in cold water and drain in a sieve. Put the carrot and mushrooms in a saucepan with the Kikkoman Soy Sauce, Kikkoman Mirin-Style Sweet Seasoning, 150 ml water and the sugar. Bring to the boil and simmer for about 5 minutes. Drain in a sieve and pat dry with kitchen paper. Add the white sesame seeds to the sushi rice prepared in step 1 and mix well.

Step 3

3 eggs - **1 tbsp** Kikkoman Mirin-Style Sweet Seasoning - **1 tsp** sugar
Whisk together the eggs, Kikkoman Mirin-Style Sweet Seasoning and sugar.

Step 4

1 tbsp sunflower oil
Make four thin omelettes from the mixture from step 3, leave to cool, then cut into thin strips.

Step 5

10 mangetout - Salt - **80 g** ready-to-cook prawns - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce
Blanch the mangetout in boiling salted water for 30 to 60 seconds, then briefly rinse in cold water and drain on kitchen paper. Blanch the prawns in a mixture of boiling salted water and Kikkoman Soy Sauce, then refresh in cold water.

Step 6

60 g salmon roe (ikura)
Once the ingredients and sushi rice are ready, divide the rice evenly between four plates and carefully cover the entire surface with the egg strips. Top with the vegetables, prawns and ikura, arranging them neatly, then serve.