

FIT SUSHI

If you are sushi fanatics like us, we have great news for you! We have prepared and tested the sushi recipe especially for you, which will not only satisfy your palate, but also perfectly fit into your diet by providing you with full-value protein, unsaturated fatty acids and good quality carbohydrates! : D

SKŁADNIKI

Ingredients for 8 rolls (1 serving - 2 rolls)

- 500g rice for sushi
- 1 i 1/5 szklanki water
- vinegar pickle:
 - 100g erytrytol
 - 5g salt
- 100ml rice vinegar
- additives:
 - 100g Skyr
 - 100g raw salmon
 - 100g cooked shrimps
 - 50g avocado
 - 100g cucumber
 - 3 leaves green salad
 - 8 letters nori
 - for taste wasabi
 - for taste soy sauce

PRZYGOTOWANIE

We start by preparing rice:

1. Wash the rice 2-3 times in cold water until the water becomes transparent. Pour a glass and 1/5 of water onto a glass of rice.
2. Leave the rice flooded with water for 10 minutes, then cover it with a lid and cook for 10 minutes (after boiling, reduce the heat). Leave covered rice for 10-15 minutes (without removing the lid).
3. We prepare the sushi pickle while cooking rice in the recipe proportions. Mix the ingredients until the salt and erythritol dissolve in the vinegar. It is permissible to heat the marinade on low heat (however, do not boil the water) and cool it.

4. Pour ready rice into a bowl and add vinegar, gently stirring with a wooden spoon.
5. Cool the rice before making sushi.

Sushi rolling:

1. We place a nori sheet on a bamboo mat - slippery side to the mat.
2. Palms moistened with cold water, apply a portion of rice to the nori and spread a thin layer, leaving about 2-3 cm free edge at the end.
3. Spread a thin strip of wasabi on rice.
4. Then we apply a layer of Skyr yogurt, cut into thin strips of cucumber (without seeds), cut into strips of salmon or whole shrimp and avocado.
5. Serve with wasabi and / or soy sauce.