

Avocado and Salmon Inside Out Sushi Rolls



Recipe courtesy of Horticulture Innovation Australia Limited.

Ingredients

3 small firm ripe Hass avocados
1 cup sushi rice, well-rinsed
1/3 cup sushi seasoning
2 nori sheets, halved
3 tsp wasabi paste, or to taste
200 g piece skinless, boneless salmon fillet, cut into strips
Soy sauce, togarashi and mixed sesame seeds, to serve

Method:

1. Combine sushi rice and $1\frac{1}{4}$ cups cold water in a saucepan over medium-heat. Bring to the boil, reduce heat to low and cover with a tight-fitting lid. Simmer for 12 minutes, turn off heat and

stand without uncovering for 10 minutes. Transfer to a bowl, stir with a spatula to break up cluster of rice, then drizzle with sushi seasoning, gently lifting and turning the rice until incorporated. Spread on a plastic tray and cool to room temperature.

2. Halve one avocado, remove the seed and use a large spoon to scoop the flesh from the skin in one piece. Cut into strips.
3. Place 1 piece of nori on a sushi mat. Using damp fingers, spread a quarter of the rice evenly over nori, then lay a piece of plastic wrap over the rice. Turn the sushi mat over, so the nori faces up, then slide the plastic onto the mat, nori side up. Dab a little wasabi paste along the centre of the nori, then arrange a quarter of the avocado strips and a quarter of the salmon over the wasabi. Use the mat, roll up firmly to form a cylinder. Unroll the mat, keeping plastic intact and set the cylinder aside. Repeat with remaining nori, rice, wasabi, avocado strips and salmon.
4. Halve remaining avocados, remove the seeds and use a large spoon to scoop the flesh from the skin in one piece. Thinly slice each half crossways into half-moons, then fan out to overlap slightly. Use a large knife to lift the avocado and place on top of each sushi roll. Place a piece of plastic wrap on top, cover with the sushi mat and squeeze gently to shape the avocado around the roll.
5. Use a large sharp knife to slice each sushi roll into six pieces, scatter with togarashi and sesame seeds and serve with soy sauce for dipping.