

Quinoa Sushi

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This does require some care, but is totally worthwhile. It makes a great school or work lunchbox option and never fails to impress when served on a finger food platter. You can find all the sushi-specific ingredients in the supermarket in the ‘international’ section.

Serves 4
Prep time 15 minutes
Cook time 25 minutes
Difficulty ●●●

Per serve (5 pieces)

Carbs 13.3 g
Protein 19.9 g
Fat 21.5 g
Energy 334 Cal

INGREDIENTS

For the quinoa:

½ cup quinoa
1 cup water
1 tbsp vinegar
1 tsp salt

For the sushi filling:

1 carrot, peeled
1–2 spring onions
1 avocado
200 g raw, smoked or cooked salmon (or a 185 g can of tuna), or cooked chicken, pork or beef (optional)

For the sushi dressing:

1 tsp finely grated ginger
1 tbsp sesame seeds
1 tbsp soy sauce
1 tsp sesame oil
1 tsp rice wine vinegar
½ tsp wasabi paste (optional; or add more for a stronger wasabi hit!)

To assemble
4 nori sheets

METHOD

Add the quinoa, vinegar, water and salt to a pot. Bring to the boil, cover with a tight-fitting lid and reduce the heat to low. Cook for about 15 minutes, then turn off the heat and allow to stand, still covered, for 5 minutes. Transfer the quinoa to a bowl and allow to cool slightly while you prepare the sushi filling.

Grate or cut the carrot into matchsticks, thinly slice the spring onion and thinly slice the avocado.

Mix all the sushi dressing ingredients together. Add half to the quinoa and toss to coat, reserving the rest for drizzling over the finished sushi.

To construct the sushi rolls, lay the nori sheets on a flat surface (use a bamboo rolling mat for an authentic touch), shiny side facing down. Spread the cooled quinoa 5 mm thick evenly over the nori, leaving 2 cm of nori exposed at the far end of the sheet. Arrange the filling (meat and vegetables) horizontally across the centre of the quinoa.

Dampen the exposed nori with a few finger-drops of water. Lift the front of the nori sheet (the side opposite the exposed nori) and begin to roll tightly over the filling. Continue to roll all the way up and then apply pressure to join the edge of exposed nori to the rest of the roll.

Refrigerate for at least 30 minutes (up to 3 days) before slicing into pieces with a nice sharp knife. Drizzle the reserved sushi dressing on top and serve straight away.

Vegetarian option: The day before, mix the sesame oil, soy sauce and ginger together. Place the tofu in a suitable small container, pour over the marinade, cover and leave in the fridge overnight. Slice and use in place of the fish or meat.

Tip: For an even lower-carb option you can make it with cauliflower rice (page 168) instead of quinoa, but the quinoa does give you that lovely nutty taste.

VEGETARIAN OPTION

To replace the fish/meat:
2 tbsp sesame oil
2 tbsp soy sauce
1–2 tsp finely grated ginger
300 g firm or medium tofu

