



### Product Spotlight: Smoked Salmon

Cold smoking keeps the salmon delicate and tender. That's how it gets that melt-in-your-mouth texture. Thanks to its rich, savoury flavour, a little goes a long way with smoked salmon.



## Smoked Salmon Crunch Rolls

Surprise yourself with these sushi chef-style rolls! Reserve nori rolls filled with omelette and avocado, topped with smoked salmon, aioli and crunchy cluster mix, served with a refreshing cucumber salad.



45 minutes



Fish



4/6 servings

### Speed it up!

*Take the salmon roll components to the table and have everyone build their own rolls. Alternatively, skip that step and use the ingredients to make salmon bowls.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	26g/28g	26g/34g	56g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
SESAME CHILLI CLUSTER MIX	1 packet	2 packets
FREE-RANGE EGGS	6-pack	2x 6-pack
LEBANESE CUCUMBERS	3	4
SPRING ONIONS	1 bunch	2 bunches
RED CHILLI	1	1
AVOCADO	2	3
NORI SHEETS	1 packet	2 packets
SMOKED SALMON	2x 100g	3x 100g
AIOLI	1 sachet	2 sachets

## FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, rice wine vinegar (see notes)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Substitute rice wine vinegar with white or white vinegar. White pepper is a great alternative to cracked black pepper, particularly in Japanese and Chinese dishes.

Remove seeds from chilli for a milder heat.

Lay a piece of cling wrap on your work surface to help stop the rice from sticking to the surface.

*Sesame chilli cluster mix: mixed sesame seeds, mixed quinoa, dried chilli flakes, pepitas, coconut sugar*



### 1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **650ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.

**6P** - add 950ml water to sushi rice.



### 2. COOK THE CLUSTER MIX

Heat a large frypan over medium heat with **1 tbsp oil**. Add **cluster mix** and cook for 3-4 minutes until toasted. Set aside on a lined plate to cool. Sprinkle with **salt** if desired.

**6P** - add 1 1/2 tbsp oil to pan.



### 3. COOK THE OMELETTE

Crack **eggs** into a jug, add **1/2 cup water**, **salt** and **pepper**. Heat a large frypan over medium-high heat with **oil**. Pour **1/2 egg mix** into pan and cook for 2-3 minutes until golden and just set. Slide out of pan onto plates and repeat with **remaining mixture**.

**6P** - crack 9 eggs and add 1/2 cup water. Cook 1/3 mix at a time.



### 4. MAKE CUCUMBER SALAD

Roughly chop **cucumbers**, thinly slice **spring onions** (reserve green tops) and **chilli** (see notes). Add to a bowl along with **2 tbsp sesame oil**, **3 tsp vinegar**, **salt** and **pepper**.

**6P** - add 3 tbsp sesame oil, 1 tbsp vinegar, salt and pepper.



### 5. MAKE THE SALMON ROLLS

Slice **avocado** and **omelette**. Working one at a time, place **nori sheet** on a clean surface (see notes) and add **3/4 cup rice** per sheet. Flip to **rice-side** down. Add **omelette**, **avocado** and **spring onion**. Roll tightly to seal. Lay on **salmon**.



### 6. FINISH AND SERVE

Slice **salmon rolls**. Divide evenly among plates. Drizzle over **aioli** and sprinkle on **cluster mix**. Serve with **cucumber salad** and any extra **aioli** for dipping.

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