

Sushi Bowls

Recipe from Como Primary School

Traffic light category: **Green**

Serves: 8

Ingredients for base recipe

- 500g sushi rice
- 750mL water
- 60g sushi seasoning
- 240g cucumber, diced
- ½ nori sheet, shredded (use scissors)
- 40g Kewpie mayonnaise
- Salt reduced soy sauce sachet per bowl

Topping options

Teriyaki Chicken

- 40g Teriyaki marinade
- 470g diced chicken thigh meat
- Mix well; place on lined baking tray, bake in 180°C oven for 20 minutes, cool.

Tuna

- 2 x 185g tin tuna in spring water, drained
- 100g reduced fat mayonnaise
- Mix well.

Vegetarian

- Mix 100g grated carrot with the diced cucumber (or avocado)

Method

1. Cook rice in water using a rice cooker or on the stove top
2. Once cooked, add sushi seasoning to rice and stir well
3. Place rice onto a flat baking tray, cover and place in fridge to cool
4. Prepare filling
5. Once rice has cooled, portion rice into soup cups
6. Top with cucumber, then filling, shredded nori sheets and Kewpie mayonnaise
5. Serve with a sachet of soy sauce.



Supporting healthy choices

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