

Not Sushi

A quick and easy meal that you can mix and match as you see fit

Makes sushi roll serve

Per roll Calories 181, Fat 12.4g, Carbs 6g, Protein 12.8 g

INGREDIENTS

Nori 1 sheet

45 g Canned fish (half a tempter can)

Lettuce

Light Cream Cheese – 2 tablespoons

½ teaspoon chilli

¼ Avocado

Salt & Pepper

Optional

Pickled Ginger

Wasabi

DIRECTIONS

Cut a strip in the nori roll to help with folding

Place an ingredient in each corner

For example

On one corner spread out the cream cheese with some chilli

Avocado

Lettuce

Canned fish

Season, then fold and cut in half





To bump up the carbs

Add some cooked rice to one corner, sushi rice is a good option as it is sticky

Alternate protein options:

Omlette

Baked Tofu

Tempeh

Shredded chicken or fish

Smoked chicken or fish

For a meal I recommend at least 2 rolls with a salad, play around with the ingredients and seasoning