



SUSHI SALAD



2 servings



15 minutes

INGREDIENTS

100g (2/3 cup) frozen peas

1 medium ripe avocado, halved, stoned, peeled and diced

½ cucumber, deseeded and diced 2 spring onions (scallions), chopped

2 nori sheets, shredded, plus extra to serve

120g (4¼oz) drained canned tuna in brine

250g (9oz) packet of precooked brown rice (I use Tilda)

For the pickle 10 pink radishes

100ml (scant ½ cup) rice vinegar

100ml (scant ½ cup) water

1 heaped teaspoon caster (superfine) sugar

For the dressing

2 tablespoons light soy sauce

1 heaped teaspoon tahini

1 teaspoon wasabi paste

1 tablespoon mirin

DIRECTIONS

1. For the pickle, using a mandolin or sharp knife, thinly slice your radishes. Mix the rice vinegar, water and sugar together in a small pan. Warm on the hob or in the microwave on HIGH until just below simmering, then turn off the heat. Drop the sliced radishes into the pickling liquid and leave to one side.
2. Cook the peas according to the packet instructions, drain and leave to one side to cool slightly.
3. Mix the dressing ingredients together in a small bowl and set to one side.
4. In a separate bowl, mix together the peas, avocado, cucumber, spring onions, shredded nori sheets and tuna. Tip in the packet of cold rice and a few spoonfuls of the drained pickled radishes, then toss through the dressing. Serve with extra nori on the side for scooping.

Under 450kcal, 15g protein per serving