



Deconstructed Sushi

Ingredients:

1 cup Brown Rice (ingredients in bullet points is part of rice)

- 1 tsp sugar
- 1 tsp rice vinegar
- 1/2 tsp salt
- 1 tsp water

1/2 cup imitation crab

1 Carrot, shredded

1/2 Cucumber, diced

1 small Avocado, sliced

2 teaspoons Sesame seeds

Sauces:

Sauce #1: 2 tablespoons Soy sauce and 2 tablespoons Sriracha

Sauce #2: 1 tablespoon sriracha and 1/4 cup mayonnaise

Instructions:

1. Cook rice in microwave or stovetop according to package directions.
2. Grate carrots. Cut cucumber into 1/4 inch thick sticks. Slice Avocado.
3. Once rice is cooked mix sugar, rice vinegar, salt, and water and mix into rice.
4. Mix soy sauce and sriracha in a small bowl, until desired taste.
5. Mix sriracha and mayonnaise in a small bowl, until desired taste.
6. Layer cooked rice, carrots, cucumber, avocado, and protein of choice.

Nutrition Information: 292 Calories, -12 g Fat, -2 g Saturated Fat, -41 g Carbohydrates, -9g Protein, - 8g Fiber, 8g Sugar, - 518mg Sodium.

Prep Time: 10 minutes

Cooking Time: 0 minutes

Equipment:

- Cutting board
- Chef' Knife
- Medium Bowl
- Mixing Bowls
- Mixing Spoon
- Measuring cups/spoons

Servings: 1

Serving Size: 1 bowl



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7. Sprinkle sesame seeds, and drizzle with sauce of choice. Enjoy!

Variations:

- Other great add- ins: Cabbage, shiitake mushrooms, wasabi.
- Triple recipe and pre- cook/ prepare all ingredients Sunday. Store in fridge and construct bowls throughout the week!
- Swap crab for tofu, salmon, or chicken!

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