



Health | Performance | Recovery

#OwnYourElements



Chicken Teriyaki Sushi

Calories = Carbs = Protein = Fat =

Serves: 1, Prep time: 00:15, Cook time: 00:15

Instructions

Teriyaki Sauce:

1. Crush or cut the garlic and ginger very finely
2. Mix Light Soy Sauce, Mirin Sauce, Crushed Garlic and Ginger into a small bowl

Sushi:

1. Cook the Sushi Rice in either a rice cooker or in a pot on the stove (follow the method on the back of the packaging for best results)
2. Pre heat the Grill (also known as a Broil for our american friends) on the oven to medium heat
3. Place the chicken breast (whole) onto a tray lined with aluminium foil, with a tablespoon of olive oil and then place under the grill (watch closely and be careful not to burn the chicken)
3. Wash the carrots and begin to slice them into small thin strips (Like a match stick thickness)
4. Halve the avocado, remove the seed and slice one half of the avocado within the skin
5. Remove the sliced avocado with a spoon from the skin and set aside with the carrots
6. Remove the chicken from the Grill (Broil) when the chicken is completely white and cooked through
7. Pre heat a fry pan to medium/low heat
8. Place the Teriyaki Sauce in the fry pan with the chicken and simmer it on low to marinate for 2-3 minutes
9. Remove the chicken from the heat and let it cool down
10. Once rice is cooked, take it off the heat and set on the bench. Mix in the Sushi Rice with the Wine Vinegar and fluff the rice with a fork or plastic spoon
11. Place the lid back on the rice and let it sit for a further 3-4 minutes
12. When the chicken is cool enough slice it into strips
10. Prepare and clean your bench for rolling the sushi, have a clean and dry chopping board ready with everything close

Ingredients

- 100 grams Chicken, breast
- 1/2 cups Sushi Rice
- 2 Sushi Seaweed Paper
- 25 grams Carrot
- 1/2 Avocado
- 1 tablespoon Sushi Rice Wine Vinegar
- 1/4 cups Light Soy Sauce
- 1/4 cups Mirin Sauce
- 1 Garlic, cloves
- 1 teaspoon Ginger
- 1 tablespoon Olive Oil

Rolling The Sushi:

1. Place one sheet of Sushi Seaweed Paper on your dry and clean chopping board or bamboo matt (*shiny side down)
2. Place and spread Sushi Rice (whilst still warm) onto the Sushi Seaweed Paper so it is 1cm thick and even throughout. Leave 2cm free at each end and make sure the rice is all the way to the side edges.
3. At one end place the carrot and avocado at the edge of the rice after the 2cm gap, place the chicken strips after the carrot and avocado (see photo)
4. Slightly wet your fingers with clean water and rub the 2cm gap left at the opposite end of the chicken on your Sushi Seaweed Paper (This helps the seaweed stick once you roll it)
5. Gently pick up the sushi from the edge where the chicken is and roll it over until you have a perfectly even sushi roll
6. Set the sushi aside on a plate and repeat the process for your second roll
7. If you wish to slice your sushi let it sit for a while, When ready wet a sharp knife and slice it in half or into 6 pieces (do not use a sawing action as the sushi will split)



Tips:

- Sushi will last a few days in the fridge and is a great option to make enough to take to work as a snack or meal. Be sure to wrap each individual roll in plastic wrap to keep it fresh and not drying out. Keep it in an air tight container in the fridge (*Eat within 2 days)
- Keep the left over Teriyaki Sauce for other meals and store in the fridge. (*Use within 2 days)

Utensils:

- Oven / Grill
- Rice Cooker or Pot
- Fry pan
- Baking tray
- Aluminium foil
- Chopping board x2
- Small bowl
- Knife
- Wooden spoon
- Tablespoon
- Teaspoon

