

Chirashi

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Chirashi

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A light, tasty lunch idea

Ingredients (serves 2)

- 1 ½ cups white rice
- 4 cooked prawns, peeled and diced
- 50g smoked salmon or trout, thinly sliced
- ¼ cucumber, diced
- ¼ avocado, diced
- 1 nori sheet, thinly sliced
- 1 tbs salmon roe (optional)

Method

Cook the rice and allow to cool before placing ¾ cup into a bowl for each person. Place the prawns and salmon or trout over the rice, then add the cucumber and avocado. Finally, top with the nori and salmon roe.

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function displayNutrition(msg) { $('<div>.nutrition-label-container').text(msg); $('<div>.nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('<div>.result').html(data); alert('This recipe was added to your favorites list'); }); }
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