

Sushi Salad

Ingredients

Whatever veg you like to put in a sushi and then cut them up in lengths how you would for sushi and then cut into a fine dice. I used;

Cucumber

Carrot

Spring onions

Red capsicum

Fried tempeh (or you can use tofu)

4 mushrooms sliced and fried

¼ cup black, brown or sushi rice per person

Mayonnaise (www.veets.com.au/blog/preservative-free-vegan-mayonnaise) or Cream Cheese

(www.veets.com.au/blog/how-fermented-cashew-cheese-has-changed-my-life)

1 tsp sesame seeds per person

1 serve Tashimi per 2 to 3 people

Method

1. For the Tashimi, score the skin of the tomatoes and put in a bowl. Pour boiling water on the tomatoes and let them sit in the water until the skin splits.
2. Peel the skin then cut the outside of the tomato away from the seeds in fat strips. Reserve the tomato seeds and pulp.
3. Mix the rest of the Tashimi ingredients in a bowl and place the tomato strips in the marinade. Let them marinate until everything else is ready.
4. Cut the nori roll into strips.
5. Assemble the salad with lettuce and all the toppings. Take the Tashimi out of the marinade and cut smaller and arrange on the salad. Mix the rest of the marinade with the other ingredients in a blender if using the tomato seeds and pulp. Otherwise just mix with a fork.
6. Add the nori and sesame seeds to the salad and serve with the dressing.

Tashimi (Tomato Sashimi)

2 medium tomatoes

3 big pinches dulse flakes

1 tbsp tamari

½ tsp very finely grated ginger

2 tsp coconut amino acids or 1 tsp maple syrup

2 tsp apple cider vinegar

For Dressing

Left over Tashimi marinade

2 tsp toasted sesame oil

1 tbsp lemon juice

Reserved tomato seeds and pulp (optional)



veet's
Vegan

COOKING SCHOOL

Veet's Vegan Cooking School | www.veets.com.au | © Copyright