KIKKOMAN

Maki Sushi with Sardines & Basil and Salmon Poke

Kopējais laiks **35 min.** **35 min.** sagatavošanas laiks

Uzturvērtība (uz porciju):
290 kJ / 69 kcal

Tauki: **2 g** Olbaltumvielas: **4 g**
Ogļhidrāti: **8,60 g**

SASTĀVDAĻAS

12 Porcijas

1) Maki Sushi with Sardines & Basil

40 g	sardine fillets, in oil (canned)
2 tējk.	Kikkoman Sojas mērce
2 tējk.	pickled ginger or chopped ginger
3,5	basil leaves
0,5	nori sheet
70 g	cooked sushi rice
0,5 tējk.	wasabi paste

2) Maki Sushi with Salmon Poke

2	raw salmon strips, approx. 6-9cm long
1 ēdamk.	Kikkoman Pokija mērce
1	long cucumber strip, approx. 10-12cm long
0,5	nori sheet
70 g	cooked sushi rice
0,5 tējk.	wasabi paste

Alternative for Kikkoman Poke Sauce:

10 g	Kikkoman Sojas mērce
3 g	sugar
2 g	lemon juice

To serve:

Pickled ginger
wasabi paste
Kikkoman Sojas mērce

PAGATAVOŠANA

Solis 1

Maki Sushi with Sardines & Basil

1. Dab the oil from the sardines with a paper towel and chop the sardines.
2. Put the sardines in a bowl and add the Kikkoman soy sauce.
3. Roughly chop the ginger and pluck the basil leaves.
4. Mix ginger, basil and marinated sardines.
5. Place ½ nori sheet on the sushi mat.
6. Spread the sushi rice on it with wet fingers.
7. Spread wasabi paste with finger lengthwise along the middle of the sushi rice (wasabi paste can be omitted).
8. Place 4 tsp of sardine mixture lengthwise along the middle of the sushi rice.
9. Roll up with the help of the sushi mat and cut into 6 equal pieces.
10. Arrange with pickled ginger and wasabi paste.

Solis 2

Maki Sushi with Salmon Poke

1. Marinate the salmon strips in the Kikkoman Poke Sauce* for about 30 minutes.
2. Remove the seeds from the cucumber and cut the cucumber into thinner strips.
3. Place ½ nori sheet on the sushi mat.
4. Spread the sushi rice on it with wet fingers.
5. Spread wasabi paste with finger

lengthwise narrowly along the middle of the sushi rice (Wasabi paste can be omitted).

6. Place marinated salmon strips and cucumber strips lengthwise along the middle of the sushi rice.
7. Roll up and cut into 6 equal pieces with the help of the sushi mat.
8. Arrange with pickled ginger and wasabi paste.