

Salmon and Avocado Sushi with Chilli sauce

220g (8oz) Tartan Quality Mark fillet, cooked and flaked

Half packet Japanese Sushi Rice, cooked

1 tbsp white wine vinegar

2 drops chilli oil

2 egg yolks, beaten

6 sheets Sushi Nori seaweed

55g (2oz) avocado,

sliced 1 red chilli,

sliced 4 spring onions,

sliced 12 fresh prawns

Chilli sauce to serve



1. To the cooked rice, add vinegar, and chilli oil and cool in fridge.
2. Heat a little butter in pan, add egg yolks and cook into thin omelettes and allow to cool.
3. Trim the omelettes into squares.
4. Put the rice on one end of the seaweed. Make a well in the rice, put the avocado in one side, then the omelette and salmon in the other.
5. Add chilli onto the avocado and spring onion to the salmon, cover with another layer of rice.
6. Wet ends of seaweed and roll into desired shape. Cut into equal sized sushi portions.
7. Serve with prawns, spring onions and a chilli sauce.