SUSHI

- 50g Cauliflower
- 40g Scottish smoked salmon – MORRISONS SIGNATURE
- 5g Chopped ginger – VERY LAZY BRAND
- 3g Roasted seaweed – NORI SHEETS SUKINA BRAND
- 10g Olive oil
- 5g Light soy sauce – BLUE DRAGON BRAND
- 12g Grilled mixed peppers – MORRISONS BRAND

You will also need 10g of water.

Mix 5g of the oil with the soy sauce to make the dip.
Grate the cauliflower and then weigh it.
Cook the cauliflower in the oil for 3 minutes, stirring to prevent browning, then add the water, stir until the water has evaporated, it will be tender but not overcooked.
Set aside to cool.
Slice the peppers into strips.
The ginger is already in strips, if you are using a different brand you may have to cut it into strips.
When the cauliflower rice is cold, place the Nori seaweed sheet on to clingfilm, then lay the slices of smoked salmon over it, spread the cauliflower rice on top, then add strips of peppers and ginger, keeping them all going down the same way in lines.
Use the clingfilm to help you roll it as tightly as possible in to a tube shape, making sure the clingfilm stays on the outside!!
Twist the ends of the cling film to form a ‘cracker’ shape and place in the fridge for at least one hour.
When ready to serve, carefully remove the clingfilm then cut into 6 pieces, you will need a VERY sharp knife. Serve with the dip.

**Mo’s tip:** I used the VERY LAZY ginger as it is very similar to unsweetened sushi ginger. If you use sushi ginger check the values!!

**PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.**

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he/she will help you to do this.

**PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION**