

Miele

Sushi salad bowl with turmeric miso dressing

By Miele

20 minutes

Preparation time

17 minutes

Cooking time

4-6 servings

Serves



INGREDIENTS

Sushi rice

200g sushi rice
300ml water
½ teaspoon salt flakes
2 teaspoons caster sugar
40ml rice wine vinegar

Turmeric miso dressing

1/3 cup rice wine vinegar
¼ cup mirin
¼ cup grapeseed oil
2 tablespoons grated carrot
2 tablespoons miso paste
1 tablespoon grated ginger
2 teaspoons grated fresh turmeric or ½
teaspoon ground
1 teaspoon sesame oil

Salad

100g wakame seaweed salad
60g pickled ginger, sliced thinly
200g cucumber, deseeded, julienned
100g bean shoots
3 spring onions, sliced finely

METHOD

Sushi rice

1. Place the rice into a fine sieve and wash under running water until the water runs clear. Allow to drain well. Place the rice into a solid steam tray and mix with the water.
2. Steam the rice at 100°C for 17 minutes.
3. Combine the salt and sugar into the rice wine vinegar, mix to dissolve. Stir this mixture through the rice after it has been removed from the Steam Oven.

Turmeric miso dressing

1. Using a blender, combine all ingredients together and pour into a sterilised jar, refrigerate until required.

Salad

1. Prepare all ingredients for the salad and dress with a little of the dressing just before serving.

To serve

1. Spoon approximately two tablespoons of rice into the middle of a serving bowl, top with a little mayonnaise, a couple of slices of avocado, a small amount of salad, sesame seeds and roasted nori sprinkles.
2. Drizzle the dressing around the edge of the bowl for colour and extra flavour.

Hints and tips

- Crispy skin salmon, steamed salmon or chicken teriyaki is a great protein to serve on top of this salad.
- Wakame is also known as goma wakame. Often sold frozen and available from Japanese grocers.