

TORI'S SLAMMIN SUSHI BOWLS



INGREDIENTS:

- Rice: 1-2 cups cooked
- Tuna or Salmon: Fresh sushi-grade, cubed
- Cucumbers: 1 sliced, soaked in 2-3 tbsp ponzu
- Veggies: Shredded carrots, sliced avocado, chopped scallions, sliced jalapeño
- Sauces: Eel sauce, Sriracha (optional)
- Garnish: Sesame seeds (toasted)



DIRECTIONS:

Toast: Shake sesame seeds in a dry skillet on medium-low for 2-3 minutes until golden. Set aside.
Soak: Thinly slice cucumbers. Soak them in a small bowl with the ponzu sauce.
Prep: Dice your fresh sushi-grade tuna or salmon into bite-sized cubes.
Base: Scoop cooked rice into your serving bowl.
Build: Pile the fish, soaked cucumbers, carrots, and avocado on top of the rice.
Toppings: Scatter scallions, jalapeño slices, and your warm toasted sesame seeds over everything.
Sauce: Finish with a heavy swirl of sweet eel sauce and sriracha for heat.

💡 Bonus: 30-Second Sushi Rice Upgrade
While your rice is still warm, gently fold in:
1 tbsp rice vinegar
1 tsp sugar
½ tsp salt