



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