

Tuna, cucumber, pea shoots and shiso temaki

Recipe for 4 portions



Description

A refreshing sushi that will surprise you by its simplicity.

Note

The quality of the fish is very important when preparing sushi. It is best to go to a fishmonger.

Ingredients

Sushi

- 160 Gr Cooked sushi rice
- 160 Gr Fresh tuna
- 1 Unit(s) Lebanese cucumber
- 30 Gr Pea sprouts
- 8 Leaf(ves) Shiso
- 2 Leaf(ves) Nori seaweed

Preparation

- Preparation time **30 mins**

Set up

Cut the nori sheets into 4 to obtain 8 squares.

Slice the tuna into sashimi (8 x 20g slices) and cut each slice into 3 lengthways.

Julienne the Lebanese cucumber.

Sushi

In each square of nori sheet, lightly torched with a blowtorch, arrange the shiso from end to end, followed by 20gr of sushi rice.

Add the cucumber, sprouts and tuna slice.

Bon appétit!