JAPANESE · LUNCH

Cauliflower Rice Sushi Rolls with Salmon and Avocado

35 min · plus 30 minutes chilling the rice · Serves 4 · 304 kcal a serve

Video 4:13 · My Keto Kitchen

Pescatarian · Gluten-free ingredients · No nuts listed

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Cauliflower rice keeps a serve to 6 g net carbs; the raw salmon brings omega-3 fats (most of a day's worth per roll), and it is rich in vitamin B12 and vitamin C.

Diet notes: Keto (6 g net carbs a serve).

Ingredients 10 · SERVES 4

- [ ] 454 g **cauliflower**, riced
- [ ] 140 g **cream cheese**, softened
- [ ] 1–2 tbsp **unseasoned rice vinegar**
- [ ] ½–1 tsp **erythritol** (optional)
- [ ] 4 **nori sheets**
- [ ] 170 g **sushi-grade fresh salmon**, sliced (raw)
- [ ] ½ medium **avocado**, sliced
- [ ] ¼ **cucumber**, cut into 8 thin strips
- [ ] 1 tbsp **low-carb mayonnaise**
- [ ] 1 tsp **sriracha**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pulse the cauliflower florets in a food processor into fine rice. 0:24
2. Cook the cauliflower rice in a dry non-stick pan over medium-high heat for 7–10 minutes, stirring, until tender and no more steam rises. 0:34
3. Mix the warm cauliflower with the cream cheese, rice vinegar and erythritol (if using), then refrigerate for about 30 minutes until completely cold. 0:50
4. Meanwhile slice the salmon, avocado and cucumber, and stir the mayonnaise with the sriracha. 1:22
5. Lay a nori sheet shiny side down on a sushi mat. Spread a quarter of the rice over it, leaving a 3–5 cm strip bare at the far edge. Line up a quarter of the salmon, avocado and cucumber near the edge closest to you. 1:48
6. Roll up firmly with the mat, dab the bare edge with water to seal, and press the roll into shape. Repeat to make 4 rolls. 2:08
7. Cut each roll into 8 pieces with a sharp knife, wiping it clean between cuts, and top with the sriracha mayo. 3:30

> **Tip** One roll (8 pieces) is a serve. Use only sushi-grade salmon and eat it the day it is made. For spicy tuna rolls instead, mix a drained 140 g can of tuna with 2 tbsp mayo, 1 tbsp sriracha and ½ tsp rice vinegar.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
304 kcal	15 g	11 g	4.5 g	23 g	240 mg
1,270 kJ	31% of a day	6 g net · 3.9 g sugars	16% of a day	8.7 g saturated	11% of a day
		4% of a day		30% of a day	

Energy from net carbs 8% · protein 21% · fat 71% — fits keto: 6 g net carbs, 71% of the energy from fat

High in (20%+ of a day) Omega-3 87% · Vitamin B12 84% · Vitamin C 67% · Selenium 39% · Folate 34% · Vitamin B6 33% · Vitamin K 26% · Vitamin D 24% · Vitamin A 22%

Source of (10–19%) Vitamin E 17% · Potassium 15% · Magnesium 11%

Recipe and video: My Keto Kitchen (@MyKetoKitchen) on YouTube — youtube.com/watch?v=45b9ExDDSJA, published 21 July 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-cauliflower-rice-salmon-avocado-sushi-rolls