



Riceless sushi roll

Love sushi but don't love the rice? These are quick to make, low carb and filled with healthy fats and protein. Great dipped in tamari or coconut aminos with pickled ginger and wasabi on the side. Serves 2. Per serve: Cal: 399; Fat: 22g; Pro: 44g; Carbs: 5g

Serves: 2, Prep time: 00:20, Cook time: 00:07

Instructions

Preheat oven to 200 degrees and line a square, shallow baking dish with baking paper. Beat the eggs in a food processor or by hand (season with salt and pepper if you wish).

Pour eggs over the paper (should be around 2cm thick, though clearly could be thicker/thinner depending on size of tray). Bake in oven for 5-7 minutes until egg is cooked, removing from oven to let cool. Cut into two pieces around the same size as the nori sheets.

Meanwhile, finely slice capsicum and avocado lengthways. Peel the cucumber and finely slice lengthways, removing pips if you prefer. Slice chicken (ideally breast, but could use whatever you have available) into thin strips lengthwise. Slice

Ingredients

- 4 Eggs
- 0.5 Capsicum, Red, raw
- 0.5 Avocado
- 0.3 Cucumber, Lebanese
- 200 grams Cooked chicken breast (7 oz)
- 2 Seaweed, sheet, toasted, Nori
- 5 grams Pickled ginger (0 oz)

the pieces of pickled ginger into smaller strips.

Lie nori sheet down on flat board or clean bench. Lay 1/2 of the egg on one nori sheet and lie 1/2 of thin strips of cucumber, red pepper, avocado, chicken and ginger evenly (sideways) across the first third of the nori sheet. Carefully wrap so all the filling is encased in the roll. Repeat with the other nori sheet.

Serve with additional ginger, tamari or coconut aminos and wasabi. Best eaten with hands.

*can omit chicken if vegetarian, or swap it out for 200g cooked prawns. If you choose prawns, pulse these in food processor with 1 Tbsp homemade mayonnaise or similar to form a paste).