



READY TO COOK
BY HARRIS FARM

MIXED SUSHI PLATTER AND MISO SOUP



PREP
30 min



COOK
30 min



SERVES
4

INGREDIENTS:

- > 2 Cups Sushi Rice
- > 1 Lebanese Cucumber
- > 1 Avocado
- > 150g Spicy Tofu
- > 500g Chicken Schnitzel
- > 185g Springwater Tuna
- > ½ Cup Cream Cheese
- > 200g Mayonnaise
- > 4 Nori Seaweed Sheets
- > 50g Instant Miso Soup x5
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > 1 Sushi Mat
- > Wasabi Paste
- > Soy Sauce
- > Mirin
- > Sesame Seeds (Black and White)
- > Baby Shiso Leaves
- > Pickled Ginger

METHOD – GET COOKING!



1

Cook rice as per packet instructions.

Cut the cucumber in half lengthways, **remove and discard the seeds**, then **cut into long 1cm thick strips**. Finely slice the avocado and cut the tofu into ½ cm thick strips. Set all aside.

2

In a frying pan on medium heat, **add ¼ cup of cooking oil**, and 2 pieces of **chicken**. **Cook** for 2-3 minutes on **each side until golden brown** and fully cooked. Make sure to not overcrowd pan

Remove from pan and **set to rest** on a paper towel. **Finely slice into strips** at room temperature. **Set aside**.

3

Using a mixing bowl, drain and **add tuna**, then 1 Tbsp of **mayonnaise**, ½ Tbsp of **soy sauce**, the **juice of ½ a lemon**. **Season** with salt and pepper. **Mix through well** and **set aside**.

In a separate mixing bowl, **mix the cream cheese** with ½ Tbsp of **soy sauce**, 2 Tbsp of **water**. **Season** with salt and pepper. **Set aside** as well.

Mix the remaining mayonnaise with 1 Tbsp of the **wasabi** or use lemon juice for no spice. **Season** with salt and pepper, then **set aside**.

Meanwhile, **add a splash of mirin** to the **cooked rice** and **mix through**.

4

Wrap the sushi mat with cling wrap.

Place 1 nori sheet onto mat, lightly brush with soy sauce. **Using wet hands**, **spread ¼ of the rice over ¾ of nori sheet**. Top and bottom should be free of rice. **Press down rice firmly** until a 1cm flat layer forms. **Add your favourite fillings in the middle**, make sure to not add too much.

Roll the bottom of mat upwards, pressing hard **into a log shape**. **Keep rolling until** the roll is **fully shaped**. **Wrap with cling wrap**. **Set aside** and **repeat** the step with the **rest of rice**.

5

Cut the rolls into 2cm thick slices with the plastic on. **Remove the plastic and place slices onto a platter**.

Bring a kettle with water to a boil and **make miso soup** as per packet instructions.

Serve sushi with shiso leaves, a sprinkle of **sesame seeds**, **soy sauce**, **wasabi** and **pickled ginger**. **Drizzled with wasabi mayo**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au