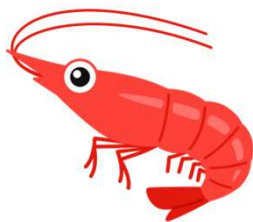


Bowl Diamond
Cutlery rests KAVERS

<Ingredients> For 2 servings

- | | |
|--|-------------------------------|
| 2 bowls of rice | 1 egg |
| 2 tablespoons salmon roe | 1 tablespoons oligosaccharide |
| 40g rice vinegar | 1 tablespoon Salad oil |
| 3-4 pea | |
| 1 Kabosu (or lime if unavailable) | |
| 2 tablespoons oligosaccharides | |
| A pinch of salt | |
| Topped with sashimi of your choice
(Tuna, shrimp, snapper, sea urchin, salmon, squid, etc.) | |
| A pinch of white sesame seeds | |



Seafood Chirashi Sushi

Sashimi is basically low in calories and carbohydrates. Salmon and shrimp also contain high levels of astaxanthin, an antioxidant. Sushi rice is high in sugar, so we used oligosaccharides instead of sugar, which will not raise blood sugar levels.

The use of kabosu also provides vitamin C and enhances the flavor.

Anti-ageing foodstuffs

Shellfish Kabosu
Oligosaccharides

<How to Cook>

1. Mix rice vinegar, squeezed Kabosu (lime), oligosaccharides, and salt into warm rice and let cool.
2. Add oligosaccharide to beaten egg, make omelet and cut into 1cm cubes.
3. Remove the strands from the peas and quickly boil them. (A pinch of salt added to the water will brighten the color.)
4. Arrange Sushi rice on a serving dish and top with your choice of sashimi, egg omelet, pods, and salmon roe.
5. Finally, sprinkle with white sesame seeds.

