KIKKOMAN

Tort sushi z rostbefem i awokado

Czas ogółem **25 min** **25 min** Czas przygotowania

Wartości odżywcze (na porcję)
959 kJ / **229 kcal**

Tłuszcz: **14,3 g** Białko: **7 g**
Węglowodany: **17,1 g**

SKŁADNIKI

1 porcj(e/i)

200 g	ugotowanego ryżu do sushi
0,5	awokado
20	ogórka (pozbawionego nasion)
1 łyżka	majonezu
50 g	plastrów rostbefu
0,5	arkusza nori
	2 pomidory datterino: 1 czerwony i 1 żółty
	niewielka ilość rzeżuchy ogrodowej
2 łyżki	Sos Teriyaki BBQ z miodem Kikkoman

Na jajecznicę

1	świeże jajko
2 szczypty	cukru
1 szczypta	soli
	niewielka ilość oleju roślinnego

Na krem chrzanowy

1 łyżeczka	chrzanu (ze słoika)
1 łyżka	serka śmietankowego

PRZYGOTOWANIE

Krok 1

To make the scrambled egg, mix the egg, sugar and salt thoroughly. Grease a non-stick frying pan with a piece of kitchen paper soaked in oil. Add the egg mixture to the pan while it is still cold and cook over a medium heat (to prevent burning) until the mixture is solid. Using a potato masher, crush the cooked egg into small pieces.

Krok 2

Finely dice the avocado and cucumber flesh and mix with the mayonnaise. Cut the roast beef into pieces.

Krok 3

To make the horseradish cream, mix the horseradish and cream cheese thoroughly and use it to fill a small piping bag.

Krok 4

Line the cake tin with a large piece of cling film and arrange the roast beef pieces on the bottom. Spread the avocado-cucumber mayonnaise onto the beef. Then spread half of the sushi rice on top. Place the nori sheet and then the scrambled egg on top of the rice, then top with the remaining rice.

Krok 5

Cover with the rest of the cling film and press down lightly with your hands so that there are no

air pockets in the cake. Wash and slice the tomatoes.

Krok 6

Before serving, remove the cling film from the top, place a plate over the sushi cake and flip it over. Remove the cake tin and the rest of the cling film and brush the roast beef with teriyaki sauce. Pipe 4 small, evenly spaced horseradish-cream “flowers” onto the sushi cake, then garnish with the tomato slices and cress. Serve with soy sauce – and enjoy!