Cape Herb & Spice®

OVERALL time: 20 mins

SALMON POKE PINWHEELS

Have a bit of fun with your poké this summer – make poke pinwheels instead of poke bowls! They look like a party on a plate and they're so easy to make.

(Note: If you are using a mobile device to see this recipe, please ensure you view it on a landscape format so the ingredients can display properly).

Metric

Number of servings : 2

ingredients

For the Pinwheels

- 2 Nori sheets
- 240 g Cooked sushi rice
- 150 g Sashimi - quality raw salmon, sliced into batons
- 1 Avocado, sliced
- 10 ml **Cape Herb and Spice Poké Spice**
- 1 Carrot, cut into matchsticks
- 4 Radishes, finely sliced

To serve

- Japanese mayo or ordinary creamy mayonnaise with a light sprinkling of our poké spice stirred in
- Soy sauce
- Pickled ginger

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 0 mins

Place the nori sheets on cling film. Cover the entire surface of the nori with rice. (**Top tip**: Sushi rice is incredibly sticky to work with. Wet your fingers and you'll find it much easier to press down the rice without it sticking to your fingers!) Sprinkle the rice lightly with **Cape Herb & Spice's**

Poké Spice.

Pack the veggies and salmon in a line one-third from the edge of the nori sheet. Carefully roll it up, using the cling film to help you compress it as you go. Wet a chef’s knife (once again to prevent sticking) and slice the rolls into pinwheels 2cm wide. Serve with poké-flavoured mayo and soy sauce for dipping.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at http://www.melkkos-merlot.co.za

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