



DIY Rice Bowls

Recipe by Caitlin Saunders



Serves 4



20 minutes

INGREDIENTS

- 1.5 cups sushi rice (or medium grain rice, or brown rice, or 90 second microwave rice. Probably not basmati rice)

OPTIONAL

- Cucumber, diced and drizzled with white vinegar
- Avocado, sliced
- Frozen edamame beans, thawed
- Carrot, grated and drizzled with sesame oil
- Radish, thinly sliced
- Broccoli / broccolini, cut into small florets and steamed or microwaved
- Leftover roast sweet potato, cubed
- Leftover roast or bbq chicken, shredded
- Smoked or cooked salmon



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- Boiled eggs, peeled and halved
- Firm tofu, cubed and pan fried
- Nori sheets

OPTIONAL CONDIMENTS

- Soy sauce
- Kewpie mayonnaise
- Sesame seeds and seaweed seasoning
- Pickled ginger

DIRECTIONS

- 1) Prepare sushi rice according to packet.
- 2) While the rice cooks, hunt through your vegetable crisper, pantry and freezer for other items from the optional ingredients and condiments list.
- 3) Chop / prepare your optional ingredients in whatever size and shape your children prefer this week. Arrange artfully on your least breakable serving platter.
- 4) Once rice is cooked, place it on the table with other ingredients and let people assemble their own bowls.



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