



## Sushi with salmon, curry cream and Westphalian Wholemeal Rye Bread

### Preparation

1. Put the rice in a sieve and wash until the water is no longer milky. Drain the rice well.
2. Put the rice and 300 ml water into a pot with a lid and bring to the boil. Turn off the heat, stir the rice once and leave it on the hot plate for 20 minutes. Put the cooked rice into a bowl.
3. Dissolve the salt and sugar in rice vinegar, pour the vinegar over the rice and mix well. Let the rice cool.
4. Line a sushi mat with cling film. Cut the nori leaves in half and place one half on the cling film. Use wet hands to spread the rice over a rectangular area of the nori leaf, leaving a 1 cm margin free on one long side.
5. Cut the bread into strips. Mix the cream cheese with the curry and season to taste with salt and pepper. Layer the bread, cream cheese, salmon, spring onion and courgette strips one after the other in the centre and then form a roll with the help of the mat. Moisten the free end of the Nori leaf slightly so that the roll keeps its form at the end. Set aside to cool.
6. Cut open the sushi roll to serve.



### Ingredients

- 4 slices of Mestemacher WESTPHALIAN Wholemeal Rye Bread
- 200 g of sushi rice
- 40 ml rice vinegar
- 1/2 tsp. salt
- 1/2 tsp. sugar
- 2 nori sheets
- 100 g of cream cheese
- 2 tsp. curry
- Salt and pepper according to taste
- 100 g of salmon
- 2 spring onions
- 1 yellow zucchini



photo: Susanne Brauer, Kochmädchen