

Simple Sushi Bowl

So what's a girl to do when she wants sushi but has no time? The answer is sushi bowls! It's basically just your favorite sushi roll, thrown into a bowl.

Prep:
10 minutes

Cook:
30 minutes

Ready In:
40 minutes

Servings:
1-2



Ingredients

1 cup uncooked short-grain brown rice
1/2 cucumber, peeled & diced
1 carrot, shredded
1/2 avocado, cubed
sesame seeds
tamari, wasabi & pickled ginger
(Optional)

Instructions

- 1** Rinse and drain your brown rice and combine with 2 cups of water in a small sauce pan, bring to a boil, reduce heat to low and cook until all the water is absorbed (about 30 minutes). Or you can use a rice cooker.
- 2** While the rice is cooking peel, dice and prepare your vegetables. Once the rice is done and has cooled for a bit transfer to a serving bowl.
- 3** Add the vegetables, sesame seeds and whatever else you like on top.
- 4** Serve with wasabi, tamari and pickled ginger if you like.