



## Deconstructed Sushi Bowl

2 servings

20 minutes

### Ingredients

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 8 ozs Smoked Salmon
- 2 tsps Sesame Seeds
- 2 tbsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

### Nutrition

Amount per serving	
Calories	492
Fat	34g
Saturated	5g
Carbs	23g
Fiber	14g
Sugar	7g
Protein	30g
Cholesterol	32mg
Sodium	989mg
Potassium	1142mg
Calcium	124mg
Iron	3mg
Vitamin D	772IU

### Directions

- 1 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 2 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 3 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

### Notes

**Leftovers:** This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

**No Coconut Aminos:** Use tamari or soy sauce instead.