

Bara Sushi

Think homemade sushi is too hard to tackle? So did we, until we discovered Bara Sushi, literally “scattered sushi.” Our vegetarian version includes speckled sushi rice, pickled vegetables, a fresh Tamagoyaki omelet and crispy Nori. Finished with a wasabi ginger mayo, it’s totally delicious.

Getting Organized

EQUIPMENT

- Saucepan
- Medium Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (1 per serving)

5 MEEZ CONTAINERS

- Speckled Sushi Rice
- Pickled Veggies (pickling juice in the bag)
- Nori (seaweed)
- Carrot, Cucumber and Edamame (no liquid)
- Wasabi Ginger Mayo

INGREDIENTS: Sushi Rice, Carrot, Cucumber, Edamame, Bamboo Shoots, Daikon Radish, Red Onion, Seaweed, Mayonnaise, Rice Wine Vinegar, Ginger, Sesame Seeds, Horseradish, Sriracha, Sesame Oil, Tamari, Japanese dressing, Sugar, Kosher Salt.

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Good to Know

You'll need a little room in your freezer for this one. If you don't have room for an entire mixing bowl in Step 2, transfer the rice to a sheet pan for cooling.

Health snapshot per serving – 650 Calories, 9g Protein, 46g Fat, 51g carbs, 22 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

meez *meals*

1. Make the Sushi Rice

Combine 1¼ cups of water and the **Speckled Sushi Rice** in a saucepan and cover. Bring to a boil over high heat. Reduce the heat to low, stir, cover and simmer until the water has evaporated, about 20 minutes.

Transfer the rice to a mixing bowl and add 1 Tbsp of the pickling juice from the **Pickled Veggies** (only package with clear liquid inside). Gently mix the pickling juice into the rice, then place the bowl in the freezer for 10 minutes to cool down. Set the Pickled Veggies aside until step 3.

2. Make the Tamagoyaki (Japanese Omelet)

After the rice has been in the freezer for a few minutes, crack 2 eggs into a small bowl and whisk with 2 Tbsp of water and a sprinkle of salt and pepper. Heat 1 Tbsp olive oil in a medium skillet over medium heat. When the oil is hot, add the eggs and cook without stirring until the egg sets, about 2 to 3 minutes. Fold the egg over itself so it is a half-moon shape. Cook each of the sides until the omelet is fully cooked, about 1 minute longer on each side. Transfer the egg to a plate or cutting board.

3. Assemble the Bara Sushi

When the rice is chilled, arrange half of it on a serving plate in a rectangle, about 2 inches wide by 9 inches long. Completely cover the rectangle using three squares of the Nori (seaweed). Drain all of the remaining pickling juice and place half the Pickled Veggies on top of just one of the nori squares. Cover the next nori square with half the Tamagoyaki Omelet, then the third square with half of the **Carrot, Cucumber and Edamame**. Drizzle a generous portion of the **Wasabi Ginger Mayo** over top of the entire rectangle.

Repeat the above steps, starting with the rice, on a second serving plate using the remaining ingredients.

Eat with a fork and knife. Enjoy!

You will have extra Nori (seaweed) squares. These can be used to pick-up any tasty bits left on the plate.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois