

Nutritious & Delicious Impulse Snacks



Impulse Snacks – Healthy Sushi (Raw Salmon, Long Grain Brown Rice, Edamame Beans & Pickled Ginger)

Ingredients (serves 1)

30g Cooked Brown Rice (cooled)
30g Raw Salmon, skinless [must be fresh] (thinly sliced)
30g Edamame Beans (cooked & cooled)
5g Pickled Ginger
½ Tsp Soy Sauce
Wasabi

Method

1. Place the rice on the bottom of a serving dish followed by the beans.
2. Layer the salmon on top with the ginger.
3. Place the soy and wasabi in a smaller dish for serving.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 100g Serving	% RNI	
Energy kJ	580	6%	577	6%	
Energy kcal	138	6%	137	6%	
Fat	4.8g	6%	4.7g	6%	Med
Saturates	0.8g	4%	0.8g	4%	Low
Total Sugars	1.1g	1%	1.1g	1%	Low
Salt	0.50g	8%	0.50g	8%	Med
Protein	9.5g	-	9.5g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: Soy, Wheat, Fish