

MEALTIME HELPER

MAKING MEALTIME EASY

Soy-Glazed Salmon Hand Rolls (Temaki)

- Shopping List

- **Protein & Seafood**

- 12 oz (340 g) salmon fillet (skin removed)

- **Rice & Seaweed**

- 2 cups cooked sushi rice (short-grain) — or 1 cup dry short-grain rice to cook
- 4 sheets nori (dried seaweed), halved lengthwise (or quarters for smaller rolls)
- 1 tbsp rice vinegar
- 1 tsp sugar (for seasoning rice)
- Pinch of salt (for seasoning rice)

- **Sauces, Sweeteners & Oils**

- 3 tbsp soy sauce (low-sodium preferred)
- 1 tbsp mirin (or 1 tsp honey + 1 tsp rice vinegar)
- 1 tbsp sake or dry white wine (optional)
- 1 tbsp brown sugar or maple syrup
- 1 tsp sesame oil
- 1 tbsp neutral oil (vegetable or canola) for cooking
- 2 tbsp mayonnaise or Japanese mayo (Kewpie) — optional (for spicy mayo: add sriracha)

- **Produce & Garnishes**

- 1 small cucumber (julienne)
- 1 ripe avocado
- 1/2 cup shredded carrots or extra scallions (thinly sliced)
- Pickled ginger and/or pickled daikon (optional)
- Lime wedges (optional)
- Optional garnish: microgreens or cilantro

- **Seeds & Extras**

- 2 tbsp sesame seeds (toasted)
- Optional: unagi (eel) sauce or extra glaze for drizzling
- Optional crunchy add-ins: tempura flakes or roasted peanuts (if desired and no allergies)

Notes:

- If you don't want to cook rice from scratch, buy pre-cooked sushi rice.
- For spicy mayo: mix mayo (above) with sriracha to taste.
- Quantities are for ~8–12 hand rolls depending on filling amount.