

More than 1 hour

Serves 4

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Ingredients:

Rice:

- ½ packet (500g) short- grain sushi rice
- 1⅔ cups (410ml) water
- ⅓ cup (80ml) rice vinegar
- 2-3 Tbsp (30-45ml) mirin or rice wine
- 2 Tbsp (30ml) sugar
- ½ tsp (3ml) fine salt

Dressing:

- ¼ cup (60ml) Japanese Kewpie mayonnaise (or any creamy mayo)
- 1 tsp (5ml) sriracha sauce
- 1 tsp (5ml) soy sauce
- 16 prawns, shelled and deveined
- 1 cucumber, cut lengthwise into noodles
- 1 packet (200g) sugar snap peas, blanched
- ½ cup (125ml) edamame beans, blanched (optional)
- 2 PnP ripe and ready avocados, sliced
- 2 Tbsp (30ml) each poké spice and sesame seeds
- Pickled ginger and sliced radish, for serving

Method

1. Rinse rice in a sieve under cold running water until it runs clear.
2. Soak rice in a pot of cold water for 30 minutes.
3. Heat vinegar, mirin or rice wine, sugar and salt over medium-high heat.
4. Stir to dissolve sugar, then simmer until reduced by a third. Set aside to cool.

5. Bring rice and water to the boil in a covered pot. (Do not lift lid or steam will escape.)
6. Reduce heat and simmer for 15 minutes.
7. Reduce heat further, cover and steam for another 15-20 minutes.
8. Place rice in a mixing bowl and pour over cooled vinegar mixture.
9. Stir with a metal spoon, using a cutting motion to separate grains.
10. Cool the rice - pop it in the fridge for 15 minutes or use a traditional rice fan, waving and stirring for 10 minutes until it's at room temperature. The rice should be slightly glossy, and the grains separated, not clumped together.
11. Mix dressing ingredients.
12. Cook prawns, either by steaming or pan-frying.
13. Divide cooled rice between 4 bowls and arrange prawns and vegetables on top.
14. Sprinkle each bowl with a pinch of poké spice and sesame seeds, and drizzle with dressing.
15. Serve with pickled ginger and radish.

COOK'S NOTE

Raw salmon or tuna, grilled hake or smoked mackerel will work too.

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