

Maki spilled with pollock, avocado, cucumber, homemade tamago and cantaloupe

Recipe for 4

Description

A pollock and japanese omelette maki.

Note

You can decorate the roll with flying fish eggs and sesame seeds.

Ingredients

Maki

- 3 Stick(s) Crabstick
- 1 Unit(s) Avocado
- 0.25 Unit(s) Cucumber
- 1 Piece(s) Cantaloup
- 2 Leaf(ves) Nori seaweed
- 1 Cup(s) Sushi rice

Omelette

- 2 Unit(s) Egg
- 1 Tbsp Mirin
- 1 Tsp Roasted sesame oil
- 1 Pinch(es) Salt

Preparation

- Preparation time **30 mins**

Preparation

Cut the cucumber into fine matchsticks. Cut the avocado and cantaloupe into thin strips.

Omelette

Combine all of the ingredients for the omelette in a mixing bowl with a whisk. Cook by pouring thin layers over top of the last once the first one is cooked. Set aside in the fridge.

Plating

Spread the rice on the nori sheet making sure to leave one inch without rice on top. Turn the sheet upside down, rice side facing you. Place all of the ingredients side by side and then roll.

Bon appétit!