

If you have never tried Keto Sushi with Cauliflower Rice then you are in for a real treat. I find it every bit as good if not better than the traditional rice version. Try it for yourself. I would love to have your opinion.

Servings - 24

**Prep Time - 40 Mins | Cook Time - N/A | Total Time - 40 Mins**

Difficulty - Takes some care



Cuisine - Japanese

## RECIPE

# KETO SUSHI WITH CAULIFLOWER RICE

## EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Chopping Board](#)

[Medium Sharp Knife](#)

[Sushi Making Kit](#)

[Sushi Serving Set](#)

[Serving Tray](#)

[Parchment Paper](#)

## INGREDIENTS

[4 Sheets Organic Sushi Nori](#)

[2 Cups Keto Cauliflower Rice](#)

[100 g Mascarpone Cheese](#)

1 Red bell pepper sliced thinly

1/4 Cucumber cut into strips

2 Large Avocado peeled and sliced

140 g Fresh sushi salmon

140 g Fresh sushi tuna

140 g Ready cooked King Prawns

[20 g Keto Wasabi Paste](#)

## METHOD

Mix the cauliflower rice and the cream cheese in a medium-sized bowl.

Place one nori sheet on a sushi mat. Top with a thin layer of cauliflower rice, leaving approximately 1/8 inch at the bottom to seal the sushi. Top the rice with a small amount of wasabi and then place thin slivers of the red bell pepper, cucumber, avocado slices, and either salmon or cooked prawns placed closely together. Spread a little wasabi on the fish/prawns.

Use the bamboo roller to roll the nori, using your fingers to press down on the nori sheet as it rolls up. Roll it tightly to the end. Allow the sushi to sit for a minute or two with the seam side facing down.

Place in the fridge for half an hour and then slice each roll into 5 – 6 equal-sized bites and serve immediately.

## SERVING SUGGESTIONS

Serve with pickled ginger, soy sauce and wasabi.

## STORAGE

This dish is best when fresh.

## NUTRITION FACTS

Per serving : 52 g | Calories 69 | Protein 4.9 g | Fat 4.6 g | Carbs 3.1 g | Fiber 1.7 g  
Net Carbs : 1.4 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE

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