

## Chirashi

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## Chirashi

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(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
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## Chirashi

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A light, tasty lunch idea

### Ingredients (serves 2)

- 1 ½ cups white rice
- 4 cooked prawns, peeled and diced
- 50g smoked salmon or trout, thinly sliced
- ¼ cucumber, diced
- ¼ avocado, diced
- 1 nori sheet, thinly sliced
- 1 tbs salmon roe (optional)

### Method

Cook the rice and allow to cool before placing ¾ cup into a bowl for each person. Place the prawns and salmon or trout over the rice, then add the cucumber and avocado. Finally, top with the nori and salmon roe.

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function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
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