

Ingredients

Cooking
is
Bliss!



The Salmon

- 1 ½ lbs. salmon
- 1 ½ tsp salt
- 1 ½ tsp old bay seasoning
- 1 tsp red pepper flakes
- ½ tsp paprika
- 1 ½ tsp Mrs. Dash Lemon Pepper
- 2 cloves garlic (minced)
- 1 lime (squeezed)

Other

- 3 large nori sheets
- 2 cups of cooked sushi rice
- 2 tsp rice vinegar
- 4 green onions (chopped)
- 1 avocado (1/2 sliced & ½ chopped)

Spicy Mayo

- ½ cup mayonnaise
- 1 tsp paprika
- 1 tsp chili powder
- 1 tsp siracha
- ½ lemon (squeezed)



1. Preheat oven to 400 degrees F
2. Remove skin from salmon & chop into cubes. Place in a bowl & add all seasonings. Mix until all salmon pieces are fully coated. Set aside.
3. Cut large nori sheets into 4. Spray muffin wells with olive oil spray & arrange nori sheets flat over muffin wells.
4. Add sushi rice to a bowl & add vinegar – mix until rice is fully coated.
5. Add rice over nori sheets & press it into the muffin wells. Repeat until all wells are filled.
6. Add salmon over the rice in each well & bake for 13-15 minutes.
7. While sushi cups are in the oven, make spicy mayo. Add mayonnaise, paprika, chili powder, siracha, & lemon juice to a bowl. Mix until thoroughly combined.
8. Remove from oven & allow to cool in a muffin tin so that they keep their shape.
9. Top with chopped green onions, avocado, spicy mayo, & serve!

THESE BAKED SALMON CUPS WERE SO MUCH FUN TO MAKE! ABSOLUTELY DELICIOUS! NORI SHEETS, SUSHI RICE, & PERFECTLY SEASONED SALMON ALL DRIZZLED WITH A TANGY SPICY MAYO! IT'S A WINNER!

