



Vegetable Sushi (Maki Rolls)

INGREDIENTS

Maki Roll

- 60g/2.1oz sushi rice or short-grain brown rice
- 1 tsp soy sauce
- ½ tsp rice vinegar
- 4cm ginger, grated
- ½ ripe avocado
- ½ lime, juice only
- ½ tsp sesame seeds
- salt to taste
- 2 nori sheets
- 2 spring onions, julienned
- 1 carrot, julienned
- 40g/1.4 oz button mushrooms, julienned and marinated for 15 minutes in 1 tsp soy sauce and 1 tsp sesame oil

Dipping Sauce

- 1 tbsp soy sauce
- 1 tsp grated ginger
- 1 tsp sesame oil
- ½ tsp mirin
- Optional: wasabi sauce



METHOD

Vegetable Sushi (Maki Rolls)

1. Cook the rice to the packet instructions.
2. While it is cooking make the dipping sauce by pouring into a small bowl and mixing together.
3. Season the cooked rice with the soy sauce, rice vinegar and ginger. Mix well and set aside.
4. Mash the avocado in a bowl with the lime juice. Fold in the sesame seeds. Season with salt and set aside.
5. Place one nori sheet (shiny side down) on a sushi mat. Spread the rice evenly on the sheet. Make sure you leave 3cm around all the edges.
6. Press the rice firmly against the nori with the back of a spoon.
7. Spoon the avocado in a long strip across the centre of the nori sheet. Then arrange the spring onion, carrot and mushrooms, again across the nori sheet. Don't be tempted to overfill the roll.
8. Enjoy dipped into the sauce.