



Vegetable Sushi Rolls

Equipment

Cutting board and knife

Saucepan

Sushi mat

Cling film

Ingredients

1½ cups sushi rice

2 cups water

2 tbsp sushi vinegar

¼ tsp salt

1 small avocado

1 carrot

1 cucumber

Mayonnaise (preferable Kewpie, which is a Japanese mayonnaise, but any will do)

To Sever: (optional)

pickled ginger, wasabi and soy sauce

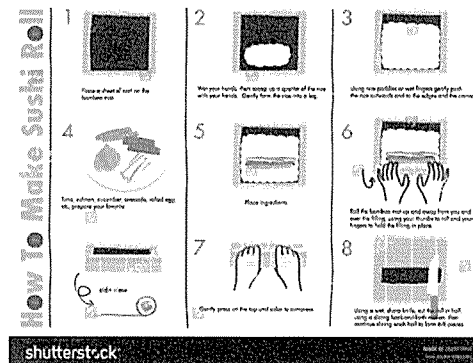
What to do

Step 1: Cook and prepare the rice

Cook the rice with absorption method according to the instructions on the packet. Set aside to cool slightly. Pour the sushi vinegar over the rice, mix to combine and set aside to cool completely.

Step 2: Prepare the filling

While the rice is cooking/cooling peel and slice the avocado, peel and julienne the carrot and cucumber.



Step 3: Assemble the sushi rolls

Place a sheet of nori on a sushi mat and spread evenly with ⅔ cup (110g) of the rice, leaving a 3cm border at the top of the sheet and pressing down with damp hands. Top each sheet with avocado slices, a few pieces of carrot and cucumber along the whole width.

Brush the clean edge of the nori with water, roll tightly to enclose and leave in fridge. Repeat with remaining ingredients

Task 4: Slice and serve

Slice the nori rolls into 3 cm wheels. Serve with the pickled ginger, wasabi and soy sauce.



Source: www.lazycatkitchen.com