



Kids Sushi Rolls

INGREDIENTS

- 385g sushi rice
- 85ml rice wine vinegar
- 40g caster sugar
- 6 Nori sheets
- 2 tbsp mayonnaise
- 1 Lebanese cucumber (medium, cut into matchsticks)
- ½ avocado (thinly sliced)
- 1 carrot (medium, cut into matchsticks)
- 85g cream cheese (cut into batons)
- 185g Tin Tuna in Brine (drained and flaked)
- 330g cold water
- Soy sauce (to serve)



Serves: 6 sushi rolls



Prep Time: 30 min



Cooking Time: 0 min

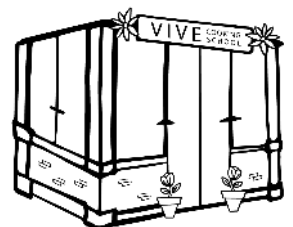
METHOD

1. Rinse and drain rice 3 times or until water runs clear. Place in a sieve over a bowl. Set aside for 10 minutes to drain.
2. Place rice and cold water in a saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water has absorbed. Remove from heat. Stand, covered, for 10 minutes.
3. Meanwhile, place vinegar and sugar in a microwave-safe jug. Microwave on high (100%) for 30 seconds. Stir to dissolve sugar. Transfer rice to a large ceramic dish. Using a spatula, stir to break up lumps. Slowly add vinegar mixture, lifting and turning rice, until rice has cooled.
4. Place 1 nori sheet, shiny-side down, on a sushi mat. Using damp fingers, spread 3/4 cup rice over nori, leaving a 2 cm strip at 1 short end. Spread 2 teaspoons mayonnaise over the center of the rice. Arrange one-quarter cucumber, avocado, cream cheese, Tuna and carrot over mayonnaise. Using the sushi mat, roll up firmly to form a roll.
5. Cut into 6 slices.
6. Repeat with remaining nori sheets, rice, mayonnaise, cucumber, avocado, cream cheese and carrot to make 36 pieces.
7. Serve with soy sauce.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool





Note: You can swap the fillings to make rolls you love. Enjoy



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

