

Vegetarian Sushi

Serves: 5

Prep time: 20 minutes

Cook time: 20 minutes



1 serve per portion

Ingredients

2 cups sushi rice, uncooked
2 tablespoons sushi vinegar
5 seaweed sheets (yaki nori)
5 tablespoons natural yoghurt
1 teaspoon Dijon mustard
2 medium carrots, cut into sticks
1 Lebanese cucumber, cut into sticks
½ medium red capsicum, cut into sticks
2 ripe avocados, cut into strips
2 tablespoons soy sauce, reduced salt
Pickled ginger, thinly sliced

Method

COOK sushi rice according to instructions on packet.
SPRINKLE sushi vinegar over warm rice and gently mix through. Allow to cool.
LAY a seaweed sheet on a bamboo sushi roller and spread three quarters of a cup of rice over the sheet with moistened hands, leaving a 5cm gap at one end.
MIX yoghurt and mustard together in a small bowl. Spread a tablespoon of the mixture in a horizontal strip along the sushi rice, at the opposite end to the gap that you left.
PLACE a mixture of the vegetable sticks and avocado over the yoghurt and mustard.
MOISTEN the seaweed sheet by dipping your finger in water and spreading it across the end that you left free of rice. Gently roll the sheet starting at the end with the fillings on it and tuck the ingredients in as you go to make a firm sushi roll.
WRAP in glad wrap and place in fridge until ready to serve.
CUT each roll into 6 and serve with pickled ginger and soy sauce for dipping.



Everyday Food

Recipe courtesy of the Country Kitchens team