

Chicken and Avocado Sushi

Serves: 6

Prep time: 30 minutes

Cook time: 20 minutes



$\frac{3}{4}$ serve per portion

Ingredients

3 cups sushi rice, uncooked
3 tablespoons sushi vinegar
6 seaweed sheets (yaki nori)
200g cooked chicken breast, cut into strips
1 medium carrot, cut into matchsticks
1 Lebanese cucumber, cut into sticks
2 cups iceberg lettuce, whole leaves
1 ripe avocado, cut into strips
2 tablespoons soy sauce, reduced salt

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.

ARRANGE the lettuce, chicken, avocado, carrot and cucumber in a line down the centre of the rice.

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 2 or 4 rolls and serve with soy sauce for dipping.



Everyday Food

Recipe courtesy of the Country Kitchens team