

Sushi

Traffic Light Category – **GREEN**

Makes 32 pieces

Ingredients

- 4 sheets of toasted seaweed (yaki nori)
- 4 cups prepared sushi rice
- 50mL sushi/rice vinegar
- 200g chicken, cooked in teriyaki marinade
- 1 Lebanese cucumber, halved, seeded & sliced thinly
- 1 capsicum, seeded & sliced thinly

Method

1. Cook sushi rice as per directions
2. Spread cooked sushi rice in a casserole dish. Using a rice paddle or a wooden spatula, repeatedly slice through the rice at a sharp angle to break up any lumps, gradually pouring in the sushi vinegar at the same time. Cover with a clean damp tea towel, refrigerate until cool
3. Spoon a 15cm wide strip of sushi rice along the length of the seaweed. The rice will be sticky, dip your fingers in water first to mould the rice on the seaweed
4. Place a strip of chicken down the centre of the rice and add strips of capsicum or cucumber alongside the chicken
5. Using a sushi roll mat, roll sushi tightly
6. Refrigerate rolls
7. Slice rolls, in half, then half again, then again, to make 8 pieces of sushi per roll
8. Place on platter and serve with small bowls of soy sauce.

Tip

- *Other popular fillings – chicken/tuna & avocado, tuna & corn, crab stick & cucumber or for a vegetarian option - carrot, capsicum, cucumber.*

