

Sushi

Traffic light category: **Green**

Serves: 8 serves (4 pieces per serve)

Ingredients

- » 4 sheets of toasted seaweed (yaki nori)
- » 4 cups prepared sushi rice
- » 50mL sushi/rice vinegar
- » 200g chicken breast or thigh, cooked or pre cooked chicken from Buyers guide
- » 1 Lebanese cucumber, halved, seeded and sliced thinly
- » 1 capsicum, seeded and 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. Place sushi mat on a flat surface with slats running horizontally. Place one nori sheet, shiny side down, on mat. Leaving a 1cm strip at edge furthest away from you, firmly press a 15cm wide strip of sushi rice along the length of the seaweed using damp hands. 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. Serve 4 rolls with soy sauce (1 serve).



Tip: Other popular fillings to try are chicken/tuna & avocado, tuna & corn, or for a vegetarian option, try carrot, capsicum, cucumber.