



## NORI ROLLS

**MAKES: 15 PIECES.**  
**SEASON: SUMMER AND AUTUMN.**

Practise your knife skills and choose your ingredients to suit your tastes. Sushi rolls are very adaptable and fun to experiment with. Add tinned tuna (in spring water), tofu or cooked chicken (skinless). Great for lunch boxes, or as an after-school snack.

### INGREDIENTS

- ☐ 1 cup sushi or short-grain rice
- ☐ 2 cups water
- ☐ 1 tbsp rice vinegar
- ☐ 1 carrot, finely sliced or grated
- ☐ 1 cucumber, finely sliced or grated
- ☐ 1 avocado, sliced
- ☐ 3 nori sheets

### EQUIPMENT

- |  |  |
|--|--|
| <input type="checkbox"/> measuring cup and spoon | <input type="checkbox"/> shallow tray            |
| <input type="checkbox"/> chopping board          | <input type="checkbox"/> small bowl              |
| <input type="checkbox"/> cook's knife            | <input type="checkbox"/> mixing spoon            |
| <input type="checkbox"/> colander                | <input type="checkbox"/> bamboo mat or non-stick |
| <input type="checkbox"/> grater                  | baking paper                                     |
| <input type="checkbox"/> medium saucepan and lid | <input type="checkbox"/> small serrated knife    |

### WHAT TO DO

1. Rinse the rice under running water and drain well. Place rice and water in the saucepan and bring to the boil. Reduce heat to low and simmer, uncovered, for 12–15 minutes, stirring occasionally, until all the water has been absorbed. Combine vinegar into the rice, and stir well.
2. Remove from the heat and let stand, covered, for a further 10 minutes.
3. Lay out the cooked rice in a shallow tray and allow to cool completely (it must not be warm).
4. Place one nori sheet, shiny-side down, on a bamboo mat or baking paper. Make sure the longest edge of the nori is at the top of the mat.
5. Spread a large scoop of the rice over the bottom two-thirds of the nori sheet, leaving the top third empty. Fill the centre of the rice with a row of carrot, cucumber and avocado.
6. Gently lift the end of the mat closest to you and roll it over the ingredients to enclose. Continue to roll all the way to the end of the filled nori sheet. Moisten the top third with a little water to help seal the sushi roll.
7. Remove from the mat and use the serrated knife to slice the rolls into five equal pieces.