

NORI ROLLS

These rolls are a choose-your-own-adventure- use any combination of the fillings, or come up with your own!

SERVINGS: 4

PREP TIME: 45 MIN

INGREDIENTS

8-12 sheets of nori or roasted seaweed

Rice:

1 1/2 cups of sushi rice

1/3 cup of rice vinegar

2 tsp Sugar

1 tsp Salt

Fillings:

Veggie ideas: Cucumber, Carrot, Celery, Green Onion, Avocado, Lettuce...

Protein Ideas: Roasted Tofu, Mashed Chickpeas, Tuna Salad, Cream Cheese...

DIRECTIONS

1. Cook the sushi rice according to the instructions. Mix together the vinegar, sugar and salt, then add to the rice.
2. Cut all the veggies into long, skinny pieces. Set out all fillings in individual bowls.
3. Make your rolls! Start by laying out one piece of nori rough-side-up. Using (clean!) wet fingers, gently press 2 Tbsp. of rice onto the nori, leaving 1 inch of no-rice nori at the far end. Make a line of your favourite fillings 1 inch away from the close edge. Starting with the close end, wrap the nori around the fillings. Roll until the end, then gently but tightly squeeze the sushi cylinder together. Cut into 6 pieces.
4. Repeat with the rest of the nori sheets. Enjoy!

