

Sushi Parcels

Gluten Free
Dairy free



Serves

3

Cooking time



Veg per serve

2.5



Use leftover cooked rice to save you time. Scan for recipe.



Ingredients

2 cups cooked medium grain rice
3 tablespoons rice wine vinegar
1 tablespoon white sugar
¼ lettuce
1 small cucumber
1 carrot

185g can tuna in springwater
1 spring onion
1 tablespoon mayonnaise
3 nori sheets
2 tablespoons reduced salt soy sauce

Equipment

Microwave
2 microwave safe bowls
Measuring spoons
Chopping board
Knife
Grater
Can opener (if required)
Small bowl
Strainer
Spoon



Tasty learning for life



How to make it



1. To a microwave safe bowl, add cooked rice and microwave for 1 minute. To another bowl, add 3 tablespoons rice wine vinegar, 1 tablespoon sugar and microwave for 30–60 seconds until dissolved. Add to rice and mix.



2. Separate lettuce leaves, slice cucumber into thin strips and grate carrot. Drain tuna.



3. To a small bowl, add tuna, finely chopped spring onion and 1 tablespoon mayonnaise. Mix well.



4. On a chopping board, lay a nori sheet shiny side down. Add a rectangle-shaped layer of rice in the centre of the nori sheet. On the rice, add $\frac{1}{3}$ of tuna mixture, a lettuce leaf, grated carrot and cucumber. Top with another layer of rice.



5. Fold nori corners over the rice into a square parcel. Dampen the edges to seal then slice in half. Serve with soy sauce.