

Sushi

Ingredients

Serves 4

1 carrot
1 red pepper
1 cucumber
1 tin tuna
3 tbsp. mayonnaise
1 tbsp. rice vinegar
1 tsp soy sauce
25g bag nori

For the rice: 300g sushi rice, 100ml rice vinegar & 2 tbsp. caster sugar

Equipment

Knife
Chopping board
Pan
Hob
Mixing spoon
Gloves
Measuring spoons
Cling film
Bamboo rolling mat

Method

1. Cook the sushi rice according to instructions on the packet. Add the rice vinegar and caster sugar, mix in and leave to cool.
2. Prepare the fillings, chop the red pepper, carrot and cucumber into match stick sized pieces. Drain the tuna.
3. With gloves on, put the nori shiny side down on the rolling mat and spread the rice on top so it is about 1cm thick. Leave the furthest edge from you empty.
4. Mix together the mayonnaise, 1 tbs. rice vinegar and soy sauce. Spread a little down the middle of the rice.
5. Put the fillings on top of the mayonnaise in a line.
6. Lift the edge of the mat over the rice, applying a little bit a pressure to keep the roll tight. Continue all the way into a tight roll.
7. Wrap in cling film and chill for 5 minutes. Cut up and serve!