

Vegetarian Sushi

Prep time: 60 mins
Cook time: 10 mins
Total time: 1 hour 10 mins

Ingredients

Makes 32 small rolls

- 300g sushi rice
- 2 tbsp rice or white wine vinegar
- 1 tsp caster sugar
- 4 sheets nori seaweed
- 1 large avocado and juice of ½ lemon
- 1 cucumber or courgette
- 1 carrot
- 1/4 of a red and a yellow pepper
- Japanese Tamari soy sauce, wasabi paste and pickled ginger for serving



Method

1. Put the rice in a small pan with 600ml water. Bring to the boil and cook for 10 mins until the water is absorbed and the rice is tender.
2. Remove the pan from the heat, and leave to stand for 30 minutes with the lid on. Stir in the vinegar and sugar, cover and cool.
3. Tip the rice onto a clean baking tray and lay it out to cool further, cover with a clean damp tea towel and leave it to cool.
4. Divide the rice into four even portions. Lay out your sushi rolling mat and place the first sheet of nori rough-side up on the mat. Wet your hands to prevent the rice sticking to your hands. Scoop a handful (one quarter) portion of the rice and spread it evenly up to the edges of the nori, moistening your fingers and pressing it down as you go, leaving a 2 cm border at the top and bottom.
5. Prepare the vegetables: skin and slice the cucumber or courgette and carrot into matchsticks. Peel, stone and slice the avocado then place in a bowl and squeeze over the lemon juice, turning the pieces to ensure they are covered. Slice the red and yellow pepper pieces into thin sticks. Other filling options include spinach or lettuce leaves, chives, tomato slices and asparagus spears, trimmed and blanched.
6. Layer the prepared vegetables in the middle of the rice (the more colour the better).
7. Fold the bottom edge of the seaweed over the filling, then roll it up firmly. Dampen the top border with a little water to help it seal the roll. Repeat with the other nori sheets to make four rolls. At this stage, the rolls can be wrapped individually in cling film and chilled until ready to serve.
8. Using a serrated knife, cut each roll into eight rounds. Wet the knife with rice vinegar to prevent the knife from sticking to the sushi.
9. Serve the sushi with a little tamari in a small dish with slices of pickled ginger and a little wasabi paste (it's spicy, so use sparingly).