



Simple sushi



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g sushi rice
- ☐ 100 ml rice vinegar
- ☐ 2 tbsp brown sugar
- ☐ 3 tbsp mayonnaise
- ☐ 1 tbsp rice vinegar
- ☐ 1 tsp soya sauce
- ☐ 25 g nori seaweed
- ☐ 6 servings cucumber

- ☐ 6 servings salmon smoked
- ☐ 6 servings crab meat white
- ☐ 6 servings tuna canned
- ☐ 6 servings bell pepper red
- ☐ 6 servings avocado
- ☐ 6 servings spring onion
- ☐ 6 servings wasabi
- ☐ 6 servings pickled ginger
- ☐ 6 servings soya sauce

Equipment

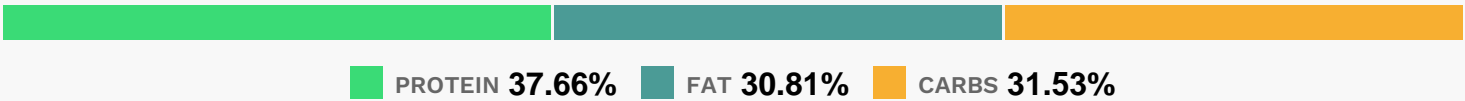
- ☐ cutting board

Directions

- ☐ **KIDS** the writing in bold is for you. **ADULTS** the rest is for you. **TO MAKE SUSHI ROLLS:** Pat out some rice.
- ☐ Lay a nori sheet on the mat, shiny-side down. Dip your hands in the vinegared water, then pat handfuls of rice on top in a 1cm thick layer, leaving the furthest edge from you clear.
- ☐ Spread over some Japanese mayonnaise. Use a spoon to spread out a thin layer of mayonnaise down the middle of the rice.
- ☐ Add the filling. Get your child to top the mayonnaise with a line of their favourite fillings here weve used tuna and cucumber.
- ☐ Roll it up. Lift the edge of the mat over the rice, applying a little pressure to keep everything in a tight roll.Stick down the sides like a stamp. When you get to the edge without any rice, brush with a little water and continue to roll into a tight roll.Wrap in cling film.
- ☐ Layer over some smoked salmon. Line a loaf tin with cling film, then place a thin layer of smoked salmon inside on top of the cling film.Cover with rice and press down. Press about 3cm of rice over the fish, fold the cling film over and press down as much as you can, using another tin if you have one.Tip it out like a sandcastle. Turn block of sushi onto a chopping board. Get a grown-up to cut into fingers, then remove the cling film.**TO MAKE SUSHI BALLS:** Choose your topping. Get a small square of cling film and place a topping, like half a prawn or a small piece of smoked salmon, on it. Use damp hands to roll walnut-sized balls of rice and

place on the topping.Make into tight balls. Bring the corners of the cling film together and tighten into balls by twisting it up, then unwrap and serve.

Nutrition Facts



Properties

Glycemic Index:66.17, Glycemic Load:34.68, Inflammation Score:-10, Nutrition Score:54.674782877383%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 771.9kcal (38.59%), Fat: 26.2g (40.31%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 60.35g (20.12%), Net Carbohydrates: 50.18g (18.25%), Sugar: 8.23g (9.15%), Cholesterol: 119.35mg (39.78%), Sodium: 2872.91mg (124.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.07g (144.13%), Selenium: 182.3µg (260.43%), Vitamin B12: 14.8µg (246.64%), Vitamin C: 114.98mg (139.37%), Vitamin B3: 26.22mg (131.12%), Vitamin D: 16.59µg (110.59%), Vitamin B6: 1.49mg (74.66%), Copper: 1.4mg (70.05%), Phosphorus: 699.23mg (69.92%), Vitamin A: 2952.32IU (59.05%), Zinc: 8.07mg (53.79%), Manganese: 0.96mg (47.98%), Vitamin K: 48.98µg (46.65%), Folate: 179.01µg (44.75%), Fiber: 10.17g (40.67%), Potassium: 1397.7mg (39.93%), Magnesium: 156.94mg (39.23%), Iron: 6.43mg (35.71%), Vitamin E: 5.26mg (35.06%), Vitamin B5: 3.45mg (34.49%), Vitamin B2: 0.54mg (31.71%), Vitamin B1: 0.33mg (21.79%), Calcium: 120.76mg (12.08%)