

Chicken and avocado sushi

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 6

- Sushi rolling mat
- 2 cups sushi rice
- 125mL rice wine vinegar
- 6 Nori sheets
- 1 chicken breast
- 1 avocado
- 1 carrot
- 1 cucumber



Method:

1. Cook sushi rice according to packet instructions.
2. Prepare fillings while rice is cooking. Cook chicken and slice into long strips. Grate carrot, slice cucumber into thin batons, and mash avocado.
3. When the rice is cooked, transfer it to a large bowl. Use a wooden spoon to break up rice lumps while gradually adding the vinegar.
4. Spread rice out onto a tray to cool - fanning it will speed up the cooling process.
5. Place a sheet of nori, shiny side down on a bamboo sushi mat.
6. Place rice on the nori and with wet hands, gently press into a thin, even layer. Leave a 3 cm border at the far end uncovered.
7. Arrange fillings 2 cm from the edge of the nori.
8. Begin rolling up the sushi tightly placing firm pressure on the mat so that it holds together.
9. Once rolled, use a sharp knife and cut into 6 pieces
10. Serve with low salt soy sauce for dipping.

Note:

- *Rinse rice under cold running water before cooking to remove any excess starch, this will ensure the rice is not gluggy when cooked.*
- *Rice wine vinegar can be substituted with apple cider or white wine vinegar.*
- *Other fillings could include tuna, salmon, tofu, lettuce, sprouts, or sweet potato.*
- *Sushi is a high risk food so needs to be handled and stored safely.*

Food Group	Serves provided per portion
Vegetables	0.7
Lean meats and legumes	0.4
Grain foods	0.7