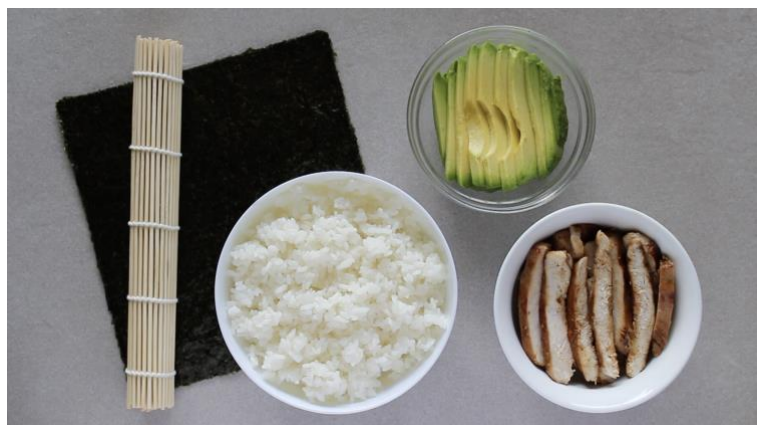


Sushi Fillings

Chicken Teriyaki



Serves: Makes 5 sushi rolls

Prep time: 25 minutes

Cook time: 5 minutes

Ingredients

- 1 chicken breast
- 1 tablespoon teriyaki sauce
- ½ teaspoon crushed garlic
- 1 teaspoon honey
- 1 avocado
- Spray oil
- 5 sheets of nori
- Sushi rice ([see recipe](#))

Method

1. Flatten chicken breast with a mallet so that it cooks evenly and place in a bowl.
2. Combine teriyaki sauce, garlic and honey in a small bowl and pour over the chicken. Set aside to marinate.
3. Peel the avocado and slice into long, thin strips.
4. Heat a frying pan on a medium heat and spray with oil. Cook chicken for 3 minutes on each side or until cooked through.
5. Thinly slice chicken.
6. Follow the [Sushi Making Guide](#) and add cooked sushi rice, chicken and avocado to the nori.

Dietitian's Tip: Chicken breast is a lean source of protein and is delicious when marinated. Avocado is a good source of monounsaturated fats and fibre.

Sushi Fillings

Tuna Salad



Serves: Makes 5 sushi rolls

Prep time: 25 minutes

Cook time: 0 minutes

Ingredients

- 350g tinned tuna in spring water
- 2 tablespoons Japanese mayonnaise (or other mayonnaise if not available)
- 1 Lebanese cucumber
- A few large leaves of lettuce (iceberg works best)
- 5 sheets of nori
- Sushi rice ([see recipe](#))

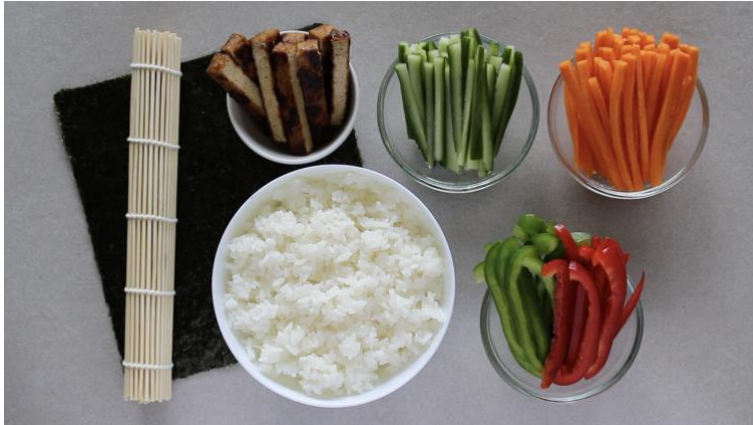
Method

1. Drain the tuna and add to the bowl.
2. Add mayonnaise to the tuna and mix until it forms a paste consistency.
3. Cut the cucumber into long, thin strips.
4. Slice the lettuce thinly.
5. Follow the [Sushi Making Guide](#) and add cooked sushi rice, tuna, cucumber and lettuce to the nori.

Dietitian's Tip: Tuna is a fantastic source of protein and a healthy sushi filling. Cucumber and lettuce provide crunch and freshness to the sushi roll.

Sushi Fillings

Vegetarian Tofu



Serves: Makes 5 sushi rolls

Prep time: 25 minutes

Cook time: 5 minutes

Dietary: V

Ingredients

- 1 carrot
- 1 small capsicum
- 1 Lebanese cucumber
- 1 packet marinated tofu
- Spray oil
- 5 sheets of nori
- Sushi rice ([see recipe](#))

Method

1. Peel the carrot and slice into long, thin strips.
2. Remove the seeds from the capsicum and cut into long, thin strips.
3. Slice the cucumber into long, thin strips.
4. Heat a small frying pan on a medium heat and spray with oil. Cook tofu for 2 minutes on each side.
5. Remove tofu from the heat and slice into long, thin strips.
6. Follow the [Sushi Making Guide](#) and add cooked sushi rice, carrot, capsicum, cucumber and tofu to the nori.

Dietitian's Tip: Tofu is a great source of protein, particularly for vegetarian diets. When marinated, it is delicious in sushi.