

# VEGGIE SUSHI MAKI ROLLS

with Ginger and Wasabi



Veggie makis for beginners, dust off your bamboo mats and get started!

**COOKING TIME: 45 MIN**

**CALS 636 | PROT 13.4G | CARBS 122.8G | FAT 8G**



## TIPS FOR FUSSY EATERS

Makis are easy to like but you can also serve them just rice with stir fried veggies and a little soy sauce.

## PRO TIP

If you don't have bamboo mats, just use a clean tea towel, make it wet and then squeeze off the excess and you are ready to go. You can fill your makis with anything you want!

## INGREDIENTS

	FOR 2	FOR 3	FOR 4
Sushi rice	250g	375g	500g
Water	400ml	600ml	800ml
Rice vinegar	3g	4g	5g
Sushi Nori seaweed	4pcs	5pcs	6pcs
Cucumber	1	2	2
Avocado	1	1	2
White radish	1	1	1
Carrot	1	2	2
Cajun spice	1g	2g	2g
Wasabi powder	2g	3g	4g
Sushi ginger	30g	45g	60g
Japanese soy sauce	20g	30g	40g

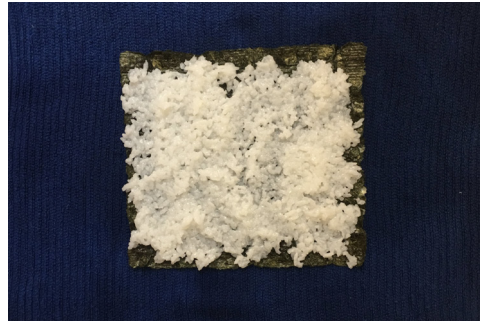
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## 1 COOK THE RICE

Rinse the **sushi rice** thoroughly and place in a sauce pan with cold **water**. Let it stand for 10 minutes while you start preparing the vegetables. Bring the **rice** to boil, then cover and lower the heat. Let it simmer gently for 10 minutes until all the **water** is absorbed. Remove from heat and cool to room temperature.



## 4 MAKE THE MAKI

Use your bamboo mats or a clean damp tea towel to make your makis. Place the **nori sheet** on the mat and using your hands place an even amount of **rice** on the **nori sheets** and pat it to stick. You can leave the top edge clean (1cm max).



## 2 SLICE & DICE

Peel the **carrot**, **radish** and **avocado**. Rinse the **cucumber**. Slice all the vegetables into thin strips.



## 5 FILL THE MAKI

Then place your favorite toppings on the middle part of the **rice**. (Suggestion 1: **avocado**, **carrot** and **Cajun**, Suggestion 2: **cucumber**, **avocado**, **radish**, Suggestion 3: **Avocado**, **radish**, **cucumber** and **Cajun**) and roll the maki into a tight roll starting from the bottom and rolling towards the top of your **nori sheet**. Place the ready rolls in the fridge while you finish the rest.



## 3 SEASON THE RICE

Season the **rice** with the **rice vinegar** a pinch of **salt** and **sugar** and mix. Mix the **wasabi** powder with a few teaspoons of filtered **water** (2g:1.5tsp, 3g:2tsp, 4g:3tsp)



## 6 CUT AND SERVE

Finally cut into approx. 3cm thick makis and serve with **wasabi**, **ginger** and **soy sauce**.

