

VEGAN FRIDAY FAKEAWAY RAINBOW VUNA SUSHI

INGREDIENTS

 4 SERVINGS

 45 MIN

 INTERMEDIATE

1 jar Garden Gourmet Vuna
250g sushi rice
4 nori (seaweed) sheets
3 tbsp Japanese rice vinegar
1 winter carrot
1 large red bell pepper
1 cucumber
1 mango
150g spinach
1 jar of pickled sweet and sour ginger
Black and white sesame seeds
1 tsp salt
2 tbsp soy sauce
1 tbsp water
2 tsp rice vinegar or natural vinegar
1 tsp mustard or miso (fermented bean paste)
1 tsp sugar

Want to brighten up your Friday evening? Look no further! Create your vegan fakeaway colorful rainbow sushi with Garden Gourmet Vuna. Share these delightful bites with your family and friends and thank us later!

PREPARATION

1. Cook the sushi rice and mix with vinegar

Cook the sushi rice according to the instructions on the package. Drizzle the warm, just-cooked rice with the vinegar mixture and toss through. Let the rice cool down to lukewarm.

2. Prepare the veggie filling and drain Vuna

Bring a pan with plenty of water to the boil. Blanch the spinach very briefly, rinse under cold water, drain and pat dry. Peel and cut the carrot into thin strips and blanch for 30 sec. Drain and rinse under cold water. Cut the cucumber, bell pepper and mango into thin equal strips.

3. Spread the sushi rice evenly over the mat

Place a sheet of seaweed on a bamboo mat, shiny side down. Spread a layer of cooked rice evenly over it, leaving about 2 inches of the seaweed uncovered.

4. Divide the Vuna over the spinach layer

Spread a strip of spinach leaves from left to right slightly above the center of the rice. Divide a strip of Garden Gourmet Vuna on this and cover with spinach leaves.

5. Roll the sushi tight and make sauce

Divide the strips of carrot, cucumber, mango and bell pepper neatly against the Vuna. Roll the rice over the filling using the sushi mat and seal the roll with the 2 cm edge of nori.

6. Seal your roll, garnish, and enjoy!

Cut the sushi roll with a sharp knife dipped in hot water into approximately 11/2 cm slices. Serve the sushi on a large platter sprinkled with sesame seeds, pickled ginger and the soy sauce. Enjoy your home-made fakeaway creation!

CULINARY TIP

Make your sushi sauce!

To make the sushi sauce that perfectly goes with this recipe, you will need:

2 tablespoons soy sauce
1 tablespoon of water
2 tsp rice vinegar or natural vinegar
1 tsp mustard or miso (fermented bean paste)
1 teaspoon sugar

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