

Vegetable Maki Rolls

Makis aux légumes

40 min

Hard

320 kcal per serving

Lunch

Dinner

Vegan



Ingredients

FOR ONE SERVING

Sushi rice (<i>Riz à sushi</i>)	150 g
Nori sheets (<i>Feuilles de nori</i>)	4
Cucumber (<i>Concombre</i>)	1
Avocado (<i>Avocat</i>)	1
Carrot (<i>Carotte</i>)	1
Rice vinegar (<i>Vinaigre de riz</i>)	2 tbsp
Soy sauce (<i>Sauce soja</i>)	2 tbsp

Nutrition facts

PER SERVING

Calories	320
Protein	8 g
Carbohydrates	56 g
Fat	6 g
Fiber	4 g

Preparation

- 1 Rinse the sushi rice under cold water until the water runs mostly clear, then cook it with the amount of water your rice needs until tender.
- 2 Transfer the rice to a bowl and gently mix in the rice vinegar. Let it cool until just warm, so it is easier to handle.
- 3 Peel the carrot and cut the carrot, cucumber, and avocado into long thin sticks.
- 4 Place one nori sheet on a bamboo mat or clean work surface, then spread a thin even layer of rice over the sheet, leaving a small border at the top.
- 5 Arrange a few carrot, cucumber, and avocado sticks along the lower edge of the rice, then roll the nori up tightly into a cylinder. Seal the edge with a little water.

- 6 Repeat with the remaining nori sheets and filling, then slice each roll into bite sized pieces with a sharp knife.
- 7 Serve the maki rolls with soy sauce for dipping.

GOOD TO KNOW

Keep a small bowl of water nearby to wet your fingers and seal the rolls more easily.