KIKKOMAN

Teriyaki Chicken and Leek Sushi Rice Roll Recipe

Total time **30 mins** **5 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
1,900 kJ / 454 kcal

Fat: **6.3 g** Protein: **23.1 g**
Carbohydrates: **79.5 g**

INGREDIENTS

4 portion(s)

300 g	Japanese sushi rice
4	sheets nori
1 tbsp	vegetable oil
2	leeks, sliced
2	skinless chicken breasts, sliced thinly
1	large clove garlic, crushed
6 tbsp	Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste
1	carrot, peeled and grated
2 tsp	toasted sesame seeds
1 handful	fresh spinach leaves

PREPARATION

Step 1

Wash the sushi rice until water runs clear. Place in a heavy based pan and add 330ml of water. Bring to the boil and cover. Once bubbling turn down the heat as low as possible and cook for 12 minutes. After 12 minutes turn the heat off and let the rice stand for 10 minutes before removing the saucepan lid and fluffing the rice.

Step 2

While the rice cooks, heat oil in a large frying pan and cook leeks for 5 minutes, add the chicken and cook for further 3-4 minutes then stir in the Kikkoman Teriyaki BBQ Sauce with Honey and cook for further 2 minutes until heated through. Finally add the carrot to the mixture.

Step 3

Lay out the nori sheets and spread the rice over. Top half of the rice with spinach leaves and then the chicken mixture. Fold the uncovered side over, pressing down on the edge to seal. Slice into portions.