

Tuna poke Rice Roll

Total time **30 mins** 30 mins preparation time

Nutritional facts (per portion):
1,803 kJ / 431 kcal

Fat: **9.9 g** Protein: **20.4 g**
Carbohydrates: **68.8 g**

INGREDIENTS

4 portion(s)

300 g	Japanese sushi rice
4	sheets nori
200 g	fresh tuna, diced small
1	avocado, diced small
	juice ½ lemon
3	spring onions, finely chopped
1	yellow pepper, finely diced
3 tbsp	<u>Kikkoman Gluten free Teriyaki Marinade</u>
1 tsp	wasabi paste
2 tsp	toasted sesame seeds
	Handful fresh spinach leaves

PREPARATION

Step 1

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

Step 2

In a bowl mix together the tuna and avocado with the lemon juice, then stir in the spring onions and yellow pepper. Mix the teriyaki with the wasabi paste until the wasabi is dissolved, then add to the tuna along with the sesame seeds.

Step 3

Spread the rice over the nori sheets, then top half of each with the spinach leaves and the tuna mixture. Fold the uncovered side over then slice each wrap into 4 pieces. Surely needs some sort of rolling!