

Vegan cabbage sushi roll

Total time **60 mins** 35 mins preparation time 25 mins cooking time

Nutritional facts (per portion):
2,552 kJ / 609 kcal

Fat: **25 g** Protein: **12.5 g**
Carbohydrates: **79 g**

INGREDIENTS

2 portion(s)

150 g	short grain rice
210 ml	water
3 tbsp	<u>Kikkoman Seasoning for Sushi Rice (125ml)</u>
1	beetroot
35 g	tinned sweetcorn
1 tsp	salt
2	large pointed cabbage leaves
25 g	cucumber
1	avocado
5 g	basil
1 tbsp	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
1 tsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>

PREPARATION

Step 1

150 g short grain rice - **210 ml** water - **3 tbsp** Kikkoman Seasoning for Sushi Rice (125ml) - **1** beetroot - **35 g** tinned sweetcorn - **1 tsp** salt
Rinse the rice 3-4 times and drain in a colander, then place it with the 210 ml water in a saucepan and soak for 20 minutes before cooking. Cook the rice and when it's still hot mix it with the Kikkoman Seasoning for Sushi Rice to make sushi rice.

Boil the beetroot whole for 20 minutes, then peel and cut into very small pieces and leave to cool. Drain the sweetcorn.

Step 2

2 large pointed cabbage leaves - **25 g** cucumber
Carefully separate out the cabbage leaves. Rinse them, then cover with cling film and microwave at 650 W for 2 minutes (make sure your cling film is microwave-safe). Cut the cucumber into very small pieces.

Step 3

Mix the cold beetroot, sweetcorn and cucumber with the vinegared rice. Wipe any excess moisture from the cabbage leaves. Form balls from the mixed sushi rice. Place them in the centre of each cabbage leaf and fold into rolls. Cut the wrapped sushi in half and serve on a plate.

Step 4

For the dipping sauce:

1 avocado - **5 g** basil - **1 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon **1 tsp**

Kikkoman Naturally Brewed Soy Sauce

Puree the peeled avocado, basil, Kikkoman Lemon Ponzu and Kikkoman Soy Sauce in a blender until smooth.

Serve the sushi with the dipping sauce.