KIKKOMAN

Vegan chickpea gunkan sushi

Total time **60 mins** **35 mins** preparation time **20 mins** cooking time **5 mins** marinating time

Nutritional facts (per portion):
1,820 kJ / 435 kcal

Fat: **4.5 g** Protein: **13 g**
Carbohydrates: **85 g**

INGREDIENTS

2 portion(s)

150 g	short grain rice
210 ml	water
3 tbsp	Kikkoman Seasoning for Sushi Rice (125ml)
50 g	tinned chickpeas
3 tbsp	Kikkoman Teriyaki Marinade
10 g	tinned sweetcorn
20 g	pomegranate
1 tbsp	aonori (green seaweed) - if not available, use chopped parsley
1	nori sheet
2 tbsp	vegan mayonnaise
0.5 tsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Yuzu
	Some pickled ginger as a side dish, if desired

PREPARATION

Step 1

150 g rice - **210 ml** water - **3 tbsp** Kikkoman Seasoning for Sushi Rice (125ml) **50 g** tinned chickpeas - **3 tbsp** Kikkoman Teriyaki Marinade
Rinse the rice 3-4 times and drain in a colander, then place it with the 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.

Rinse and drain the tinned chickpeas, then marinate them in the Kikkoman Teriyaki Marinade for 5 minutes. Roast in the oven at 170 for 15 minutes.

Step 2

10 g tinned sweetcorn - **20 g** pomegranate - **1 tsp** aonori (green seaweed) or parsley
Rinse and drain the sweetcorn. Mix the roasted chickpeas, pomegranate, sweetcorn and aonori (or parsley) in a bowl with a spoon.

Step 3

2 tsp vegan mayonnaise - **0.5 tsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Yuzu - **1** nori sheet
Mix the vegan mayonnaise and Kikkoman Yuzu Ponzu together to make a dressing.

Cut the nori sheet into 3 cm wide strips—the size of a "gunkan boat". Place a 2.5 cm ball of sushi rice at the edge of the nori sheet and roll it into a gunkan shape. Top with the ingredients from Step 2 and drizzle with the dressing.

Tastes great served with pickled ginger.