KIKKOMAN

Vegetarian Gunkan Maki Sushi with Avocado & Apple

Total time **15 mins** **15 mins** preparation time

Nutritional facts (per portion):
443 kJ / 107 kcal

Fat: **7.2 g** Protein: **1.8 g**
Carbohydrates: **7.9 g**

INGREDIENTS

4 portion(s)

2 tbsp	apple cubes*
2 tbsp	avocado cubes
1 tbsp	mayonnaise
1	nori sheet
80 g	cooked sushi rice*
To serve:	
	Apple and avocado strips
	Kikkoman Naturally Brewed Soy Sauce
	*You can also use persimmon, grapefruit, orange or any other fresh fruit instead of apple.

PREPARATION

Step 1

Mix apple and avocado cubes with mayonnaise in a bowl.

Step 2

Cut nori sheet: cut a strip of 3 cm on one side against the lines and put aside.

Step 3

Cut 4 nori strips using the given lines and set aside ready (approx. 3 cm x 15 cm 4 sheets).

Step 4

Form 4 x20 g sushi rice into oval balls with wet fingers.

Step 5

Place a nori strip around each ball, "glue" it with a few grains of the sticky rice and press it well.

Step 6

Place one portion of the prepared apple-avocado-mixture on each rice ball.

Step 7

Arrange gunkan with fine apple strips and avocado to garnish and serve with Kikkoman soy sauce.