



Sushi!



We guarantee you will not tell the difference with these sushi rolls! They taste just like sushi but with the taste is made with ingredients such as aubergine and mushrooms. Or, why not make your own filling and experiment maybe with asparagus or carrot. This recipe makes two sushi rolls before cutting into smaller slices

What you'll need:

Saucepan with lid, measuring spoons, sharp knife, wooden mixing bowl, wooden spoon, sieve, food processor/blender, frying pan, 1 small mixing bowl, 1 regular mixing bowl

Ingredients

- 2 tsp fresh chives
- 2 small flat mushrooms
- $\frac{1}{2}$ green chilli & $\frac{1}{2}$ red chilli finely chopped
- $\frac{1}{3}$ aubergine chopped
- 1 tbsp oil
- 2 $\frac{1}{3}$ daikon sliced finely (also known as mooli) or radish can be a substitute
- 1 tbsp Himalayan salt
- 3 tbsp mirin
- S squirt of agave
- 2 sheets of nori seaweed sheets
- 167g sushi rice
- 1 tbsp pickling vinegar (or we used it from a jar of pickled beetroot to give it a pink colour)
- **optional wasabi paste and soy sauce for dipping

Method

- Wash the sushi rice in a bowl of cold water, stirring in a circle with your hand. Drain and repeat until the water is clear. Then soak in cold water for 15-30 minutes
- Add oil to a frying pan and place over a medium heat
- Add the aubergine, chilli, mushrooms and chives

- Cook for about 5-10 minutes until the mushrooms have begun to go soft
- Using either a hand blender or liquidiser blitz all the ingredients into a smooth paste
- Add the sliced mooli to the pickling vinegar and put to one side using the small bowl
- Mix together agave, mirin and salt this will coat the sushi rice when it is cooked
- Once the rice has been allowed to soak make sure to drain thoroughly before adding it to a saucepan with 220ml of cold fresh water. Bring to the boil then allow to simmer with the lid on for 10 minutes
- Turn off the heat and leave to stand for 10 minutes
- Add to the wooden mixing bowl and cover with the agave, mirin and salt mix. Using the wooden spoon gently fold the mix into the rice. Make sure to fold and not stir as this may split the rice
- Lay one of the nori sheets out and using half of the rice spread it all over, leaving a small border around the edge
- On top of the rice add half of the aubergine mix, again spreading out to where the rice ends
- Add slices of the pickled mooli then gently roll the sheet up so that the filling is contained inside
- Wet the edge of your sharp knife, as this will cut through the sheet easier. Cut the roll into slices. You may need to wet your knife after each slice
- Place onto a serving board/plate and if you are using the wasabi then place a small dot on top of each individual slice. Put a few tablespoons of soy sauce in a dish for dipping
- Repeat the instructions again for the other half of the ingredients so that you have two sushi rolls cut into smaller slices

Don't forget to send us pictures of any recipes you try from our website so we can feature them on our Instagram page @soy_oi_
 Send the pictures to info@soyoi.co.uk

See below for nutritional values

Approximate nutritional value per sushi roll

Calories kcal	460.65
Fat grams	10.62
<i>Of saturates</i>	1.19
<i>Polyunsaturated</i>	2.07
<i>Monounsaturated</i>	3.95
Carbohydrates grams	86.59
<i>Of fibre grams</i>	4.51
<i>Of sugars grams</i>	16.74
Protein grams	8.62
Sodium mg	21.67
Calcium mg	16.85
Iron mg	0.605
Potassium mg	471.75
Salt mg	0.05
Vitamin A mcg	202.75
Vitamin C mcg	4.52
Omega 3 grams	0.5
Omega 6 grams	1.5
Vit D mcg	1.4