

VEGETARIAN SUSHI RECIPE

INGREDIENTS

— ½ cups of short or medium-grain white rice



≡ 2 cups of water



≡ 1/3 cups of sushi vinegar



四 1 package of seaweed sheets



五 A sushi mat



FILLINGS

- Cucumber
- Avocado
- Asparagus
- Carrot



PROCEDURE

Begin adding the rice and the water in a large pot.



Then, cover the pot and you place it in the stove over a high temperature and when the water begins to boil turn the heat down to **LOW**.

Wait until the rice is cooked after 20 minutes, until all the water is absorbed by the rice.

Meanwhile, we'll be preparing our filling, that is the cucumber.

You will have to cut the cucumber into long thin strips that later on will fit perfectly in the center of the sushi rolls.



When the rice is finished, pour the sushi vinegar over it and mix everything.

Let the rice cool until you can handle it with your hands.

Place a seaweed sheet on the sushi mat. The shiny side of the sheet down.



Put some rice over the sheet and now you'll wet your fingers with water so that the rice can't stick to them.

Later, you will use your hands to spread the rice in the entire seaweed sheet.

Place the cucumber strips on one edge of the seaweed sheet and press them softly against the rice so that they don't move so easily.

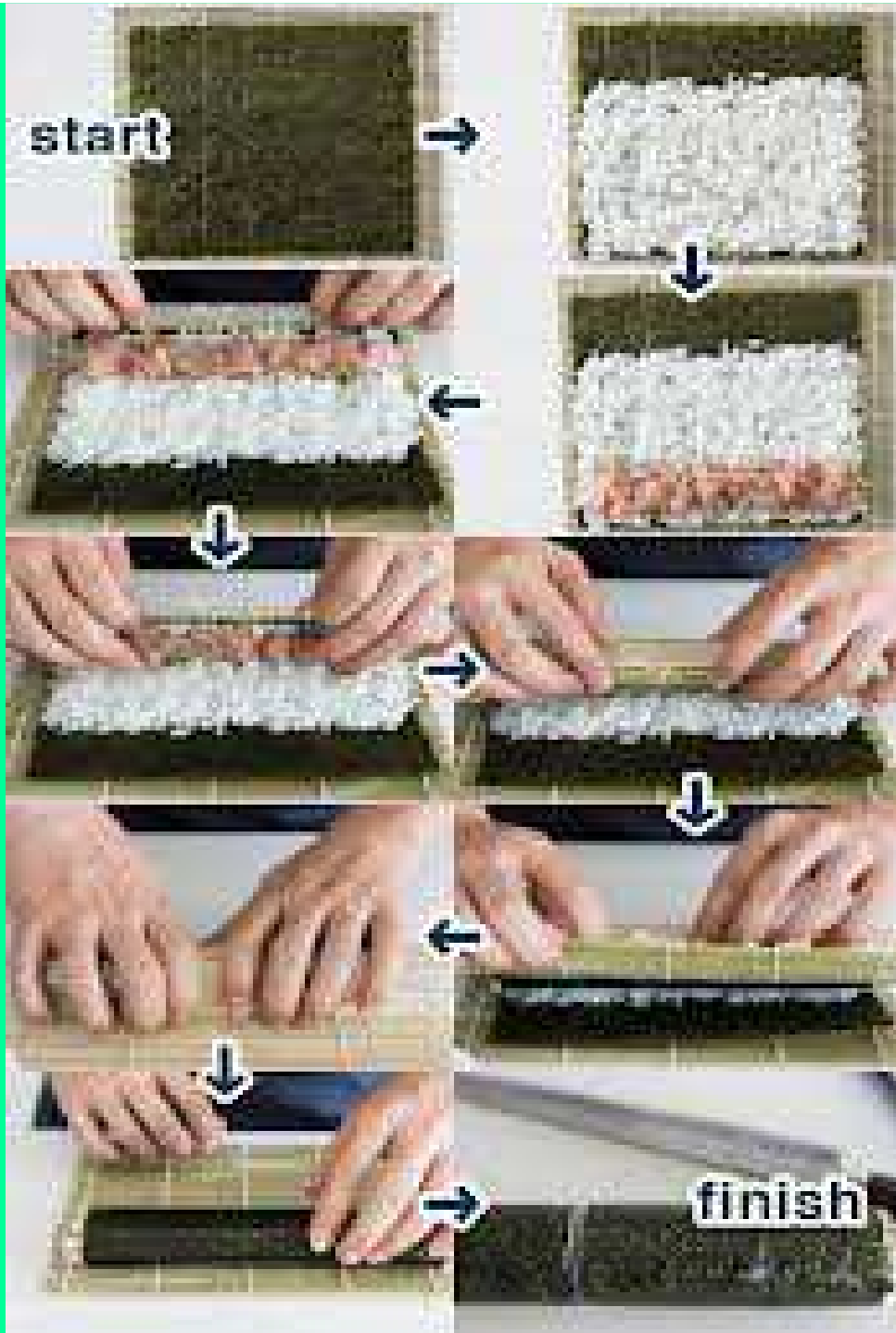
Now, place the thumbs under the mat and you will fold the sheet over to roll the sushi. You will also be pressing it for compressing the rice.

Continue rolling the mat until you finish and you can quit the mat.

Finally, you will use a sharp knife to cut the sushi roll, but firstly you will have to wet the knife so that the rice doesn't stick to it.

You cut the sushi roll and you will have your delicious, nutritive and surprisingly easy to make dish finished to serve and eat.







EAT!



ENJOY!

THE END

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