Vegetarian Sushi – Japan

**Ingredients**

2 cups sushi rice

3 tbsp Mirren/rice wine vinegar

1 ½ tbs caster sugar

6 nori (roasted seaweed) sheets

3 tbsp mayonnaise

½ cucumber cut into matchsticks

1 large avocado thinly sliced

1 large carrot, grated

Salt-reduced soy sauce to serve

**Utensils**

Sieve

Cooking pot for preparing rice

Large mixing bowl

Spatula

Rolling mat (bamboo sushi mats are available at specialty stores, but a thin, flexible, plastic sheet also works well)

Small bowl

Sharp, non-serrated knife

Cutting board

**Instructions**

Prepare the sushi rice as per the packet instructions

Place the rice into a large mixing bowl, using a spatula to break up the lumps. Dissolve the sugar in the rice wine vinegar and pour evenly, mixing thoroughly to distribute it through the rice.

Place the nori sheet shiny side down on a sushi mat. Using damp fingers spread half a cup of rice over the nori sheet leaving a 2cm strip at one short end.

Spread 2 tsp mayonnaise in a line over the centre of the rice.

Arrange 1/6th of the avocado, carrot and cucumber over the mayonnaise

Using the sushi mat, roll up firmly to form a roll, moistening the end of the nori sheet with water to help it to stick. Cut into slices.

Repeat with the remaining nori sheets and serve with soy sauce.