

Sushi Sandwich

Ingredients

1/3 cup cooked rice per person (I used brown)

1 tsp apple cider vinegar

Any sushi fillings of your choice, here are some of my favorites

Fried tofu or tempeh

A few fried mushrooms

1 Tomato diced and soaked, mixed with 1 tsp tamari, 1 tsp plum or rice vinegar and 2 tsp dulse flakes

Sliced cucumber

Sliced red capsicum

Lettuce

Method

1. As soon as the rice is cooked add the apple cider vinegar mix and let the rice cool.
2. Place the nori sheet in front of you with the long side facing you. Place a thin layer of rice in the middle of the nori and make a square shape at a 45° angle facing you. Then add your filling and put another thin layer of rice on top of the filling.
3. To shape the sandwich take one of the corners of the sushi and fold it into the centre of the rice and place on top. Do that with all of the corners so you end up with a square shape. Turn it over and press it down. Leave for 5 minutes so the rice and seaweed stick together. Then cut in half so you have 2 x ½ sandwich shapes.



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