

The simplest way

... to make rainbow sushi.

Ingredients (serves 4)

- 1 ½ cups sushi rice
- 4 tbsp sushi vinegar
- 185g can of tuna, drained
- 1 tbsp mayonnaise
- 4 nori sheets (dried seaweed)
- Veg cut into thin strips
 - ½ carrot, ¼ capsicum, ½ raw, peeled beetroot, 5cm cucumber, ½ avocado



Method

Cook rice according to packet instructions. Fluff the rice with a fork and pour over the sushi vinegar. Stir well to combine. Spread the rice on a baking tray to cool. Mix the tuna and mayo together.

Lay a nori sheet on a bamboo sushi mat, shiny side down. With wet fingers, spread ¼ of the rice over ¾ of the sheet, leaving a ¼ of the sheet clear at the end furthest away from you. Place the tuna and veg across the rice. Using the bamboo mat, roll the sushi away from you stopping where the rice ends. Brush some water along the rice free nori and finish rolling, pressing gently to seal. Repeat with the rest of the sheets. Dip a sharp knife in water and cut the sushi into pieces.