

Fish Finger Roll (Uramaki)

Total time **15 mins 5 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion): **588 kJ / 141 kcal**

INGREDIENTS

Fat: **7.7 g** Protein: **7 g** Carbohydrates: **10.4 g**

PREPARATION

Step 1

8 portion(s)

2	fish fingers (frozen)	Fry or deep fry fish fingers.
	Oil for frying or deep frying	Step 2
1	nori sheet	Step 2
- 200 g	cooked sushi rice	Place 1 nori sheet on the sushi mat.
0.5 tsp	wasabi paste	
2 tsp	mayonnaise	Step 3
1	handful rocket	•
6	red pepper strips	Spread the sushi rice on it with wet fingers.
2	cucumber strips	
2 tsp	Kikkoman Sesame	Step 4
	Dressing	
2 tbsp	toasted sesame seeds	Turn over completely.
Alternative for the Kikkoman Sesame		
Dressing:		Step 5
10 g	peanut butter	
10 g	water	Spread wasabi paste and mayonnaise lengthwise
2 g	Kikkoman Naturally	narrowly along the middle.
	Brewed Soy Sauce	
2	drops of sesame oil	Step 6
To serve:		
	cress	Place rocket, fish fingers, red pepper and
	mayonnaise	cucumber strips lengthwise on top.
	Kikkoman Sesame	Chan 7
	Dressing Kildeman Naturallu	Step 7
	Kikkoman Naturally	Drizzle with Kildeman Cocome Dressing
	Brewed Soy Sauce	Drizzle with Kikkoman Sesame Dressing.
		Step 8
		Roll up the roll.
		Step 9

Wrap in cling film, fix with sushi mat and unwrap.

Step 10

Cut into 8 pieces of the same size.

Step 11

Turn each in sesame seeds on two sides.

Step 12

Arrange with cress, mayonnaise and Kikkoman Sesame Dressing.