KIKKOMAN

Vegan tempura sushi

Total time **55 mins** **30 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
3,251 kJ / 776 kcal

Fat: **35 g** Protein: **14.5 g**
Carbohydrates: **99 g**

INGREDIENTS

2 portion(s)

150 g	rice
210 ml	water
3 tbsp	Kikkoman Seasoning for Sushi Rice (125ml)
1	carrot
140 g	king oyster mushroom (If not available, oyster mushrooms)
20 g	potato starch
2 tbsp	Kikkoman Toasted Sesame Oil
0.25	avocado
1	nori sheet
3.5 tbsp	vegan mayonnaise
500 ml	sunflower oil
40 g	flour
Additional:	
3 tbsp	water
20 g	Kikkoman Panko - Japanese style crispy bread crumbs
For the dip:	
1 tsp	Kikkoman Sauce for Rice - sweet
OR:	
0.5 tsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	Kikkoman Mirin-Style Sweet Cooking Seasoning

PREPARATION

Step 1

150 g rice - **210 ml** water - **3 tbsp** Kikkoman Seasoning for Sushi Rice (125ml) - **0.13** carrot
Wash the rice 3-4 times and drain in a colander, then place it with the water in a saucepan and soak for 20 minutes before cooking. Cook the rice and when it's still hot mix it with the Kikkoman Seasoning for Sushi Rice to make sushi rice.

Cut the carrot into two 10 cm long x 5 mm thick sticks. Boil the sticks for about 5 minutes to soften them a little.

Step 2

140 g king oyster mushroom (If not available, oyster mushrooms) - **20 g** potato starch - **2 tbsp** Kikkoman Toasted Sesame Oil - **0.25** avocado
Slice the king oyster mushrooms into 1 cm wide pieces and coat them in potato starch. Add the Kikkoman Sesame Oil to a pan and fry over medium heat, turning occasionally, until crispy. Cut the avocado into slightly thicker slices.

Step 3

1 nori sheet - **1 tbsp** vegan mayonnaise
Spread the sushi rice on the nori sheet so that it covers about 70% (leave about 5 cm of nori at the top uncovered). Place the fried oyster mushrooms, boiled carrots and avocado in the middle of the rice. Drizzle with the vegan mayonnaise. Roll up the sushi.

Step 4

or

500 ml sunflower oil - **40 g** flour - **2.5 tbsp** vegan

mayonnaise - **3 tbsp** water - **20 g** Kikkoman Panko - Japanese style crispy bread crumbs **1 tsp** Kikkoman Sauce for Rice - sweet **0.5 tsp** Kikkoman Naturally Brewed Soy Sauce **0.5 tsp** Kikkoman Mirin-Style Sweet Cooking Seasoning

In a bowl, mix 30 g flour, 1½ tbsp vegan mayonnaise and 3 tbsp water into a smooth batter.

Coat the sushi rolls with 10 g flour, dip them in the batter and then coat them in Kikkoman Panko. Deep-fry in sunflower oil at 170 .

For the dip, mix 1 tbsp vegan mayonnaise and the Kikkoman Sauce for Rice or a combination of Kikkoman Soy Sauce and Kikkoman Mirin-style Sweet Seasoning. Cut the sushi into 8 portions and arrange on a plate. Enjoy the tempura sushi with the dip.