

Vegetarian Gunkan Maki Sushi with Avocado & Apple

Total time **15 mins 15 mins** preparation time

Nutritional facts (per portion): **443 kJ / 107 kcal**

INGREDIENTS

4 portion(s)

- 2 tbspapple cubes*2 tbspavocado cubes1 tbspmayonnaise
- **1** nori sheet
- 80 g cooked sushi rice*

To serve:

Apple and avocado strips Kikkoman Naturally Brewed Soy Sauce *You can also use persimmon, grapefruit, orange or any other fresh fruit instead of apple. Fat: **7.2 g** Protein: **1.8 g** Carbohydrates: **7.9 g**

PREPARATION

Step 1

Mix apple and avocado cubes with mayonnaise in a bowl.

Step 2

Cut nori sheet: cut a strip of 3 cm on one side against the lines and put aside.

Step 3

Cut 4 nori strips using the given lines and set aside ready (approx. 3 cm x 15 cm 4 sheets).

Step 4

Form 4 x20 g sushi rice into oval balls with wet fingers.

Step 5

Place a nori strip around each ball, "glue" it with a few grains of the sticky rice and press it well.

Step 6

Place one portion of the prepared apple-avocadomixture on each rice ball.

Step 7

Arrange gunkan with fine apple strips and avocado to garnish and serve with Kikkoman soy sauce.