

Vegetarian Maki Sushi – three ways

Total time **50 mins 45 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):

460 kJ / 110 kcal

INGREDIENTS

18 portion(s)

1) Vegetarian Maki Sushi with green beans & carrots

4 green beans

salt

30 g carrot 0.5 nori sheet

70 g cooked sushi rice

0.5 tsp wasabi paste 2 tsp chopped almonds

Kikkoman Sesame Sauce 2 tsp 2) Vegetarian Maki Sushi with celery

1 stick of celery

salt

0.5 nori sheet

70 g cooked sushi rice 0.5 tsp wasabi paste Marinade for the celery:

3 tbsp Kikkoman Naturally

Brewed Soy Sauce

grated ginger 5 g

3 g sugar

3) Vegetarian Maki Sushi with apple

& beetroot

beetroot (vacuum packed 80 g

/ pre-cooked)

apple 30 g

0.5 nori sheet

70 g cooked sushi rice 0.5 tsp wasabi paste mint leaves 3.5 For the beetroot marinade: 2 tsp peanut butter

2 tsp Kikkoman Naturally Fat: 2.2 g Protein: 3.2 g Carbohydrates: 17.7 g

PREPARATION

Step 1

1) Vegetarian Maki Sushi with green beans & carrots

- 1. Cook beans in boiling salted water for about 2 minutes and let cool.
- 2. Peel carrot and cut into thin strips.
- 3. Place ½ nori sheet on the sushi mat.
- 4. Spread the sushi rice on it with wet fingers.
- 5. Spread wasabi paste with finger lengthwise narrowly along the middle of the sushi rice (Wasabi paste can also be omitted).
- 6. Place the beans and carrot strips lengthwise along the middle of the sushi rice.
- 7. Spread the chopped almonds over the rice and drizzle with Kikkoman Sesame Dressing**.
- 8. Roll up with the help of the sushi mat and cut into 6 pieces of equal size.
- 9. Arrange with pickled ginger and wasabi paste.

Step 2

- 2) Vegetarian Maki Sushi with celery
 - 1. Cut celery into strips (about 10 cm).
 - 2. Soak celery strips with 2 g salt in a bowl for about 10 minutes. Pat celery dry with kitchen paper.
 - 3. For the marinade, mix Kikkoman soy sauce, ginger and sugar in a bowl and soak the

Brewed Soy Sauce

1 tsp

sugar

To serve:

Pickled ginger wasabi paste Kikkoman Naturally Brewed Soy Sauce

- celery for about 30 minutes.
- 4. Lightly pat the celery with kitchen paper.
- 5. Place ½ nori sheet on the sushi mat.
- 6. Spread the sushi rice on it with wet fingers.
- 7. Spread wasabi paste with finger lengthwise narrowly along the middle of the sushi rice (Wasabi paste can also be omitted).
- 8. Place marinated celery lengthwise along the middle of the sushi rice.
- 9. Roll up with the help of the sushi mat and cut into 6 equal pieces.
- 10. Arrange with pickled ginger and wasabi paste.

Step 3

3) Vegetarian Maki Sushi with apple & beetroot

- 1. For the marinade, mix peanut butter, Kikkoman soy sauce and sugar.
- 2. Cut the beetroot into strips, mix with the marinade and marinate for about 20 minutes.
- 3. Cut the apple into strips.
- 4. Place ½ nori sheet on the sushi mat.
- 5. Spread the sushi rice on it with wet fingers.
- Spread wasabi paste with finger lengthwise narrowly along the middle of the sushi rice (Wasabi paste can also be omitted).
- 7. Place 3 marinated beetroot strips, apple strips, and mint leaves lengthwise in the middle of the sushi rice.
- 8. Roll up with the help of the sushi mat and cut into 6 equal pieces.
- 9. Arrange with pickled ginger and wasabi paste.