KIKKOMAN

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

Fat: **2.2 g** Protein: **3.2 g**
Carbohydrates: **17.7 g**

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
2 tsp	Kikkoman Sesame Sauce

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
5 g	grated ginger
3 g	sugar

3) Vegetarian Maki Sushi with apple & beetroot

80 g	beetroot (vacuum packed / pre-cooked)
30 g	apple
0.5	nori sheet
70 g	cooked sushi rice
0.5 tsp	wasabi paste
3.5	mint leaves

For the beetroot marinade:

2 tsp	peanut butter
2 tsp	Kikkoman Naturally

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.
6. 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.