Spicy Tuna Roll

Inside-out spicy tuna roll with cucumber and avocado, finished with sweet chilli mayo and teriyaki.



Small coloured plate. Takeaway: large sushi container.

Contains Fish - Gluten - Egg - Soy

INGREDIENTS

- ½ sheet nori
- 120g Sushi rice
- 40g Spicy tuna
- 3g Sesame seeds
- 2 slices cucumber (20g)
- 20g Avocado (inside the roll)
- 25g Avocado (on top of the roll)
- 30g Sweet chilli mayo
- 5g Teriyaki (unagi)
- For 4pc: halve the recipe

METHOD

1. Spread the rice onto the rough side of the nori.
2. Turn the nori with the rice over.
3. Place the fillings in the middle on top of the nori.
4. Roll up gently without pressing too hard.
5. Cut into 8 pieces and plate.
6. Top each piece with sweet chilli mayo and teriyaki sauce.
7. Garnish with ginger and wasabi.

GARNISH

- 5g Wasabi
- 10g Ginger
- 1g Pickled onion

EQUIPMENT

- Chopping board
- Sushi knife
- Rolling mat
- Squeezy bottle

TIPS

- Dipping your knife in tezu helps you make cleaner cuts.