

Prep **2 hour**
Cook **30 min**
Serves **8-10 people**

Essential

Ingredients

500g white sushi rice
1 packet of sushi nori
1 large carrot
1/4 cucumber
2 spring onions
1 sweet potato
250g smoked tofu

Soya and Sesame Marinade and Dip

1 tsp black sesame seeds
1 tsp white sesame seeds
2 Tbsp soya sauce or tamari
1 Tbsp sesame oil
1 tsp garlic granules
Juice of half a lemon

Extras

Wasabi paste
Pickled ginger



Method

1. Chop carrots into thin batons half a centimetre in thickness. Place carrots into a small baking dish and cover in soya sauce marinade: soya sauce, sesame oil, sesame seeds, garlic granules and lemon juice. Place in the fridge to marinate for 2-4 hours.

2. Boil rice in a medium non-stick saucepan, water covering the rice by an inch. Cover and leave to cook on a medium heat for 30 minutes. Check every five minutes and give it a stir.

3. Chop sweet potato into thin batons 1cm in thickness. Place on a baking tray, drizzle with olive oil and bake for 30 minutes. In addition to this, put the marinated carrots in the oven and bake for the same time.

4. Press tofu with kitchen towel to soak up any excess liquid. Chop into strips roughly the same size as the sweet potato. Heat 1 tbsp of oil in a medium-sized frying pan and add the tofu. Season with salt and pepper and fry for 2 minutes per side. When golden brown remove from heat and leave to rest. Chop your cucumber and spring onions into similar lengths as the other batons.

5. Check on the rice and remove from heat when sticky, leave in pan to cool for 10 minutes. Once

the sweet potatoes and carrots are baked remove from oven, leave to rest and cool for 10 minutes. Take out the carrots from the marinade and pour the remaining sauce into a dipping bowl.

6. Place a sheet of Nori on a dry chopping board. Leave 3cm from the bottom of the sheet and 2cm from the top and cover the middle section with a thin layer of sticky rice. Now add each element of your ingredients, layering them over each other in a thin strip at the top of your sushi, over the rice. Don't over stack - if it is too full and thick the sushi roll will fall apart!

7. Now roll from the top down with your hands on either side as if you're rolling a thin rolling pin. Make sure to keep the roll tight and press slightly so it's firm and compact. Stop before you get to the 3cm gap at the bottom of the sheet. Brush a thin layer of water over the bare nori gap and roll over it, sealing the roll. Now that you have your sushi roll, use a sharp knife to slice. Use the guides shown on the sheet – they should be about 2 inches thick.

Serve with pickled ginger, wasabi and the dipping sauce in ramekins or bowls.