



CALIFORNIA STYLE ROLLS

 **Prep: 15 minutes plus chilling**

 **Cook: 10 minutes**

 **Serves: 4**

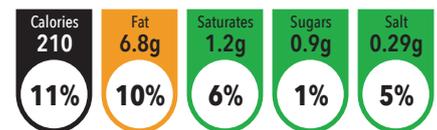
INGREDIENTS:

- 150g sushi rice
- 1 tbsp Japanese rice vinegar
- ½ tsp **LoSalt**
- 4 sushi nori sheets
- 1 tbsp low fat mayonnaise
- 2 tsp fresh grated ginger
- 1 ripe avocado, sliced
- 5cm piece cucumber, cut into thin slices

METHOD:

1. Place the rice in a small saucepan with 250ml water, vinegar and **LoSalt**. Cover and bring to the boil, simmer on a low heat for 10 minutes or until just tender. Leave to cool with the lid on.
2. When the rice is cold, using wet hands, divide the rice between the 4 nori and spread out thinly to the edges leaving a 2cm border at 1 end. Mix the mayonnaise with the ginger and spread over the rice.
3. Place the avocado and cucumber in a line across the centre and roll up tightly, wet the nori border to seal. Cut the edges off the rolls and cut each into 6 slices to serve.

Each serving contains



of your guideline daily amount