



Consejo del chef

Rice should be well integrated and with a creamy texture. Serve hot sprinkled with chopped nuts and sesame seeds!

Raciones para 1

Nori sheets

Whole rice

Rice vinegar

Cream cheese

Avocado

Red cabbage

Carrots

Black & white sesame

Soy sauce

- 1 Cook the whole rice in water for 20 minutes. Drain and let the rice cool down.
- 2 Once it is cold, add rice vinegar and spread the rice in the nori sheet with your hands. Leave the borders free.
- 3 Spread the cream cheese in the middle of the rice and add the raw vegetables, red cabbage, carrot and avocado, cut in stripes.
- 4 Sprinkle with black & white sesame seeds and form the rolls.
- 5 Wet one of the borders with water and, with the help of the bamboo mat, make a roll.
- 6 With a sharp, wet knife, we cut the roll in a bit less of 1-inch slices.
- 7 Serve with soy and wasabi.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/sushi-vegetariano/>

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