

Quinoa Sushi Rolls

Equipment needed –

Sushi rolling mats, chopping boards, small knives, vegetable peelers, medium bowl, 4 plates and measuring spoons and cups.

Ingredients from the Garden –

- 16 small silver beet and endive leaves
- 1 cup of mint leaves

Ingredients from the Pantry –

- 2 tablespoons of rice wine vinegar
- 2 teaspoons of caster sugar
- 1 teaspoon of sea salt flakes
- 6 cups of cooked white quinoa, cooled slightly
- 16 sheets of nori
- 2 avocados, sliced
- 2 carrots, peeled and thinly sliced
- 1 red capsicum, thinly sliced
- pickled ginger to serve
- soy sauce to serve

What to do –

1. Measure out the vinegar, sugar and salt into a medium bowl. Mix well to dissolve the sugar.
2. Pour the dressing over the cooked quinoa and mix well to combine.
3. Peel and thinly slice the carrots. Place on a plate and set aside.
4. Carefully cut open the avocados and thinly slice. Place on a plate and set aside.
5. Wash the cucumber and thinly slice. Place on a plate and set aside.
6. Wash the capsicum. Cut in half and remove all of the seeds, then thinly slice. Place on a plate and set aside.
7. Wash, pick and chop the mint leaves and set aside.
8. Place 1 sheet of nori, shiny side down onto the rolling mat with the long side lying across the mat
9. Measure out approximately 1/3 cup of quinoa. Using your fingers spreading the quinoa out evenly over the nori, leaving a margin or gap of 3 cm at the far end free of rice.
10. Using your fingers, create a narrow groove down the centre of the quinoa from left to right.
11. Arrange a small amount of each of the vegetables down the groove of the quinoa and sprinkle a small amount of mint over the top.
12. Roll the sushi to enclose the fillings.
13. Place the rolls on the cutting board seam side down and cut each roll into half. Slice the rolls into rounds and arrange evenly onto 3 serving platters.
14. Divide some of the pickled ginger into 3 small serving bowls, and place one on each table.
15. Pour some soy sauce into 3 small serving bowls, and place one on each table.

Serves - 28 students