

Vegetable Makí Rolls with Miso Soup

45 minutes

Ingredients (serves four)

2 cups sushi rice
Seasoning (1/2 cup of rice vinegar, 1/4 cup sugar, 1tsp salt)
1 sweet potato
1 avocado
1 english cucumber
1 package of Nori (roasted seaweed sheets)
1 knob of ginger root
1 jar miso soup mix (white miso paste, tofu, green onion, seaweed)



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Preheat oven to 375 degrees Celsius.
2. Place rice in colander and rinse until water runs clear. Place rice into a large pot, add 3 cups of water and bring to a boil. Reduce to low, cover, and cook for 15 minutes. Remove rice from heat and let stand, covered for 5 minutes. Remove rice from pot into a large bowl and gently spread it around to allow it to cool.
3. Meanwhile, peel and cut sweet potato into 1 inch sticks, place on pan, drizzle with oil and bake for 20 minutes or until golden brown.
4. Place sushi seasoning into a small pot and bring to a simmer. Allow sugars to dissolve and then remove from heat and set aside.
5. Place miso soup base into a medium pot, add 4 cups of water and heat through.
6. Slice avocado and cucumber into long 3/4" pieces and set aside.
7. Pour half of the sushi seasoning over the cooled rice and gently stir.
8. Using a vegetable peeler thinly slice ginger into the other half of the seasoning (still in the pot) and return to low simmer for 15 minutes.
9. Keep a small bowl of water handy, arrange your vegetables around you and get ready to roll!
10. Wet your hands or utensils and thinly spread sushi rice onto the nori sheet (rough side facing up), leaving top 1 or 2" clear. Add cucumber and avocado slices (or sweet potato slices) across the nori sheet closest to you.
11. Roll the nori up and around the vegetables into a tight roll and continue rolling until roll is complete. Press the edge into the roll to seal.
12. Cut roll into 8 pieces using a wet and very sharp knife. Arrange on a plate and serve with pickled ginger and miso on the side.
13. Enjoy!