

# Sushi Hand Roll



A fun to make, healthy meal – perfect for lunch or dinner!

[Watch Video](#)

## Ingredients

1 cup sushi rice, short grain rice

1 cup of water

1 tbsp rice vinegar

1/2 tsp salt

1 tbsp sugar

8 Nori sheets

Topping options:

avocado, thinly sliced

cucumber, thinly sliced into strips

carrot, thinly sliced into strips

smoked salmon

shredded chicken

## **Method:**

1. Rinse the rice under running cold water until the water is clear.
2. Put the rice in a rice cooker, with a cup of water and let it cook. If cooking over a stove top, put the rice and water in a pot over medium heat without a lid and bring it to a boil. Lower the heat, then cover with a lid and let it simmer for 12-15 minutes. Once cooked, take off heat and let it cool for 5 minutes.
3. In a small bowl, place the vinegar, salt, sugar and microwave for 30 seconds until the sugar has dissolved. Set aside until ready to use.
4. While the rice is still warm, fold in the vinegar mixture into the rice. Let it cool and refrigerate until ready to use.
5. To roll the sushi, place your nori sheet on the bamboo sushi mat. Place a thin layer of rice across the nori sheet.
6. Add any filling of your choice halfway up the rice, then take the bottom of the sheet and roll it up so that the bottom meets the top line of the rice.
7. Cut the roll into 8 pieces using a sharp knife.