

食譜

Recipes



Avocado and Tuna Sushi Hand Roll

Ingredients:

(Serves about 6 persons)

Seaweed for sushi	3 sheets
Canned tuna in spring water	½ can
Egg	3 pieces
Avocado	1 piece
Low-fat plain yoghurt	1 tablespoon
Japanese rice	1 ½ cups
Water	1 ½ cups



Seasoning:

Seasoning vinegar	1 ½ tablespoons
Sugar	1 teaspoon
Salt	¼ teaspoon
Vegetable oil	1 teaspoon
Ground pepper	½ teaspoon

(Remark: 1 cup ≈ 240 ml)

食譜

Recipes



Method:

1. Wash the Japanese rice and soak in water for half an hour. Drain the rice. Add it into a pot with one cup of water and cook.
2. Sprinkle vinegar and sugar on the cooked rice and mix well. Allow it stand for a minute to let the flavours infuse. Put it in a container.
3. Drain the tuna and mash it. Add yoghurt. Mix well and set aside.
4. Add salt, $\frac{1}{2}$ teaspoon of oil, ground pepper and $\frac{1}{2}$ teaspoon of water into the two eggs. Mix well.
5. Add $\frac{1}{2}$ teaspoon of oil to a pan. Scoop one tablespoon of egg mixture into the pan. Let it settle in a pancake form and cut into wedges.
6. Boil the remaining egg and mash it.
7. Halve the seaweed sheets and slice the avocado.
8. Place a slice of avocado at an angle on the left corner. Add some sushi rice and flatten out.
9. Add tuna, then egg wedges and avocado on top. Roll it into a cone. Add some mashed boiled egg and serve.



Nutrition Tips

1. Children love sushi. Canned tuna in spring water and avocado is an interesting combination. Avocado is high in fat but the fat is an unsaturated fat which is good for heart health. Besides, it also contains plenty of vitamin A and potassium. It is good for health when consumed in moderation.
2. You can also add all sorts of fruit to the hand roll, such as mango, dragon fruit or kiwi fruit, etc. to boost fruit intake.