



UCOOK

Spicy Tuna Nori Wraps

with pickled ginger, sushi rice & sesame seeds

Tuna is seared and cut into cubes, coated in a delicious gochujang sauce and then laid inside a nori sheet lined with sticky rice. It is accompanied by crunchy carrots, fresh cucumber and pickled ginger. All of these tasty elements are then rolled tightly together inside the nori to form a cone, which is then sprinkled with sesame seeds and served alongside sweet soy sauce. Who needs to go out for sushi?

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Niel Joubert | Blanc de Noir

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Ingredients & Prep

75ml	Sushi Rice
1	Line-caught Tuna Fillet
15ml	Kewpie Mayo
5ml	Gochujang
20ml	Low Sodium Soy Sauce
2	Nori Sheets <i>cut in half</i>
75g	Julienne Carrot
50g	Cucumber <i>sliced into matchsticks</i>
1	Spring Onion <i>finely sliced, keeping white & green parts separate</i>
15g	Pickled Ginger <i>drained & roughly chopped</i>
5ml	Mixed Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. SUPER NICE SUSHI RICE Rinse the rice under cold water until it runs clear (this prevents the rice from becoming stodgy.) Place the rice in a lidded pot, over medium-high heat with 250ml of fresh salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove the rice from the heat and fluff it up with a fork.

2. THIS TUNA IS OFF THE HOOK Pat the tuna dry with a paper towel. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the tuna and fry for 30-60 seconds, shifting occasionally, until seared. Remove from the pan and cut into bite-sized pieces. In a bowl, combine the Kewpie mayo, the gochujang, and seasoning. Add the seared tuna pieces and mix until fully coated in the spicy sauce. In a separate bowl, combine the soy sauce with a sweetener of choice (to taste).

3. GET ROLLIN' When the rice is cooked, place the halved nori sheets on a chopping board, shiny side down. Spread a thin layer of the cooked sushi rice over the left side of the sheets, reserving $\frac{1}{4}$ of the rice. Place some of the spicy tuna, julienne carrot, cucumber matchsticks, pickled ginger, and spring onion whites, vertically over the middle of the rice. Fold the bottom left corner of the nori sheets over the rice and begin rolling into a cone shape. Keep rolling until a cone shape is formed. On completion, place a small amount of the reserved rice on the bottom right corner of the nori sheets to use as glue and close the cones up tightly.

4. ROCK & HAND ROLL! Serve the beautiful handrolls with the sweetened soy sauce for dipping. Side with any leftover fillings and sprinkle over the sesame seeds and spring onion greens. Get dunking, Chef!

Nutritional Information

Per 100g

Energy	584kj
Energy	140Kcal
Protein	11.5g
Carbs	16g
of which sugars	1.5g
Fibre	1.9g
Fat	1.2g
of which saturated	0.2g
Sodium	267mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Fish, Soy

Cook
within 1
Day