



UCOOK

Sushi-Inspired Nori Wraps

with sushi rice, pickled ginger & mango

A fun sushi-style meal. Super delicious and nutritious. Bam bam! Jam-packed with veggies and golden mangoes wrapped in nori sheets, they deliver one heck of a meal that is sure to impress your taste buds. Served with a dipping sauce & some crispy onions to top it all off. We dare you to try.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Ella Nasser

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

225ml	Sushi Rice
45ml	Dipping Sauce <i>(30ml Low Sodium Soy Sauce & 15ml Sesame Oil)</i>
45ml	That Mayo (Vegan)
20ml	Sriracha
150g	Edamame Beans
6	Nori Sheets
200g	Julienne Carrot
150g	Cucumber <i>cut into matchsticks</i>
300g	Mango Pieces <i>cut into bite-sized chunks</i>
45g	Pickled Ginger <i>drained & roughly chopped</i>
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
60ml	Crispy Onions

From Your Kitchen

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

1. FLUFFY SUSHI RICE Boil the kettle. Rinse the rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over a medium-high heat with 750ml 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 from the heat and fluff up with a fork.

2. DIP & FIERY MAYO In a small bowl, mix the dipping sauce, a sweetener of choice (to taste) and 30ml of water. Mix until the sweetener has fully dissolved. In a separate bowl, mix the mayo and the sriracha (to taste - it's spicy!).

3. LAST BIT OF PREP Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain on completion.

4. WRAP IT UP! Spread the sushi rice over the centre of the nori wraps. Top with the julienne carrots, the cucumber matchsticks, the edamame beans and the mango chunks. Drizzle over the fiery sriracha mayo, and sprinkle over the chopped pickled ginger, ½ the chopped coriander and ½ the crispy onions. Wrap it up and sprinkle over the remaining crispy onions and the remaining coriander. Serve the dipping sauce on the side. Get dunking, Chef!



Chef's Tip

Grains should be rinsed thoroughly with cold water before cooking to remove excess starch.

Nutritional Information

Per 100g

Energy	598kj
Energy	143Kcal
Protein	3.8g
Carbs	24g
of which sugars	5.1g
Fibre	2.9g
Fat	4.2g
of which saturated	1g
Sodium	224mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 2
Days