

Make Your Own Sushi

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ 4 spring onions, finely chopped
- ☐ 2 carrots, grated
- ☐ large can tuna, drained and mixed with mayonnaise
- ☐ lettuce, washed and shredded
- ☐ avocado, sliced
- ☐ 4 cucumbers, sliced
- ☐ herbs – garden, leaves only
- ☐ 2 tablespoons sesame seeds, toasted
- ☐ sushi rice, cooked & vinegared
- ☐ nori sheets, cut into large triangles
- ☐ soy sauce/wasabi/ginger etc...

Equipment:

- ☐ chopping board
- ☐ knife
- ☐ platters
- ☐ grater
- ☐ frying pan
- ☐ rice cooker

Method:

1. Cook rice and set aside to cool.
2. Arrange toppings and place in individual bowls or separate on platters (one for each table).