

TERIYAKI TOFU SUSHI ROLLS



Karthein's

ORGANIC • BIOLOGIQUE

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3 rolls

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1 PREPARE THE TOFU

1/2 block extra firm tofu, drained
1/2 tbsp tamari
1/2 tbsp canola oil
1/2 tbsp cornstarch
Teriyaki sauce (to taste)

1. Preheat oven to 400 °F and place a silicon mat on a baking pan
2. Cut the tofu into 1/4 inch sticks lengthwise
3. Place the tofu in a bowl and add the tamari, canola oil and cornstarch. Mix well
4. Place the tofu sticks on the silicon mat, leaving a little space between them
5. Cook for about 10 minutes, flip, then cook for another 10 minutes (or until they turn golden and slightly crispy)
6. Cover with teriyaki sauce and put aside

2 ROLL THE SUSHI

3 sheets of nori
1 cup Calrose rice*
1 small sweet potato,
cut into sticks
1/2 cucumber,
cut into sticks
1/4 cup **KARTHEIN'S
BEETS & GINGER
SAUERKRAUT**,
drained
1/2 avocado,
sliced lengthwise

1. Steam the sweet potatoes for 8 minutes on medium-high
2. Place a sheet of nori on a bamboo rice mat
3. Moisten your fingers in a water and rice vinegar mix to make sure the rice doesn't stick
4. For each roll, spread evenly a third of the cooked rice on the mat side of the nori, leaving about 2 cm on the side opposite to you
5. Place a bit of sauerkraut with a few tofu sticks, sweet potatoes, cucumber and avocado in the center
6. Roll the bamboo mat while tucking in the closest end of the sushi roll, then press lightly with both hands to make sure it holds well
7. Serve with tamari sauce and marinated ginger

* Dry measure, cook according to manufacturer's instructions