

## Sushi making for kids

### Tin Tuna rolls

#### Ingredients

1 tin Tuna

1 Tbls mayonaise

Nori sheets

Cheddar cheese

Avo sliced or cucumber

Sushi rice (prepared in advance, [learn how to make sushi rice](#))

A bowl of warm water

#### Method

1. Place Nori sheet shiny side down onto a silicone sushi mat (or bamboo mat with plastic wrap).
2. Wet hands with water and put a handful of rice onto the sheet, press and spread rice into a layer. Keep a 2cm space at the top and 1cm space at the bottom.
3. Place all your fillings in rows below the halfway mark on your rice.
4. Bring your Nori sheet to the bottom edge of the mat, and holding your ingredients in place roll so that rice meets rice on the other side. Then lift your mat and roll the last bit closed, squeeze to firm up roll.
5. Slice in half with a sharp, wet knife (dipping the knife in warm water each time before cutting) and then slice each half into 3's – 6 little rolls.

#### Filling variations

Instead of tuna, smoked salmon

Carrot sliced with a peeler

Cucumber sliced with a peeler

Shredded lettuce

Grated raw beetroot





