

DINNERLY



Cheat's Sushi with Omelette and Avo

 20-30 minutes  4 Servings

Get the whole family involved with this delicious cheat's sushi using seaweed with kid-friendly omelette. Lay out the soft rice, creamy avo and wasabi, then let everyone roll up themselves!

WHAT WE SEND

- 300g Japanese short grain rice
- 4tbs mirin¹
- 2x 2.5g wasabi
- 2 carrots
- 2 capsicum
- 2 avocados

WHAT YOU NEED

- eggs³
- soy sauce⁶
- vegetable oil
- water
- white vinegar

TOOLS

- medium frypan
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

If you prefer less heat, add the wasabi to taste and serve at the table for those who like it.

ALLERGENS

Gluten (1), Egg (3), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 725kcal, Fat 36.6g, Carbs 76.3g, Proteins 14.7g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **500ml (2 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep ingredients

Meanwhile, peel the **carrots**, then shred with a julienne peeler, or cut into matchsticks with a knife. Thinly slice the **capsicum**, discarding the seeds and membrane. Thinly slice the **avocados**, discarding the skin and stone. Whisk **4 eggs**, **1 tbs soy sauce** and **1 tbs water** in a bowl until well combined.



3. Cook omelettes

Heat **2 tsp vegetable oil** in a medium frypan over medium heat. Add **one-quarter of the egg mixture**, swirl to coat the base of the pan and cook for 1-2 mins on one side until set. Remove from pan and repeat with another **2 tsp vegetable oil** and the **egg mixture** to make 4 thin omelettes. Reserve the pan.



4. Cook veggies

Heat **1 tbs vegetable oil** in the reserved pan over medium heat. Cook the carrot and capsicum, stirring, for 3-4 mins until softened. Stir in **2 tbs mirin** and **2 tbs soy sauce** and cook for a further 1-2 mins until warmed through. Remove from the heat.



5. Roll up and serve

Add **2 tbs mirin** and **2 tbs white vinegar** to the **cooked rice** and stir well. Divide the **omelettes** among plates. Spread with the **wasabi** (see cooking tip). Lay the **rice** in a line down the centre and top with the **vegetables** and **avocado**. Roll up into **sushi rolls** (see Kitchen Hack) and cut into 5cm pieces. Serve with soy sauce to dip, if desired.



6. Kitchen hack

Use a sushi mat or baking paper to help roll up or eat as open sushi.