

VEGAN TEMPURA-STYLE SUSHI WRAPS

Serves 4

INGREDIENTS

For the sticky rice:

- 1½ cup sushi rice
- 1 tsp salt
- 2 tbsp rice vinegar
- 1 tbsp sugar
- 2 tbsp black sesame seeds (optional)

For the wraps:

- 1 box (240g) Fry's Fish-Style Fillets, frozen
- 4 wraps
- 4 tbsp vegan mayonnaise
- 2 carrots, cut into sticks
- ¼ cucumber, cut into sticks
- 1 avocado, peeled, de-pipped and cut into thin strips

Serving suggestion:

- Soy sauce
- Pickled ginger
- Wasabi paste

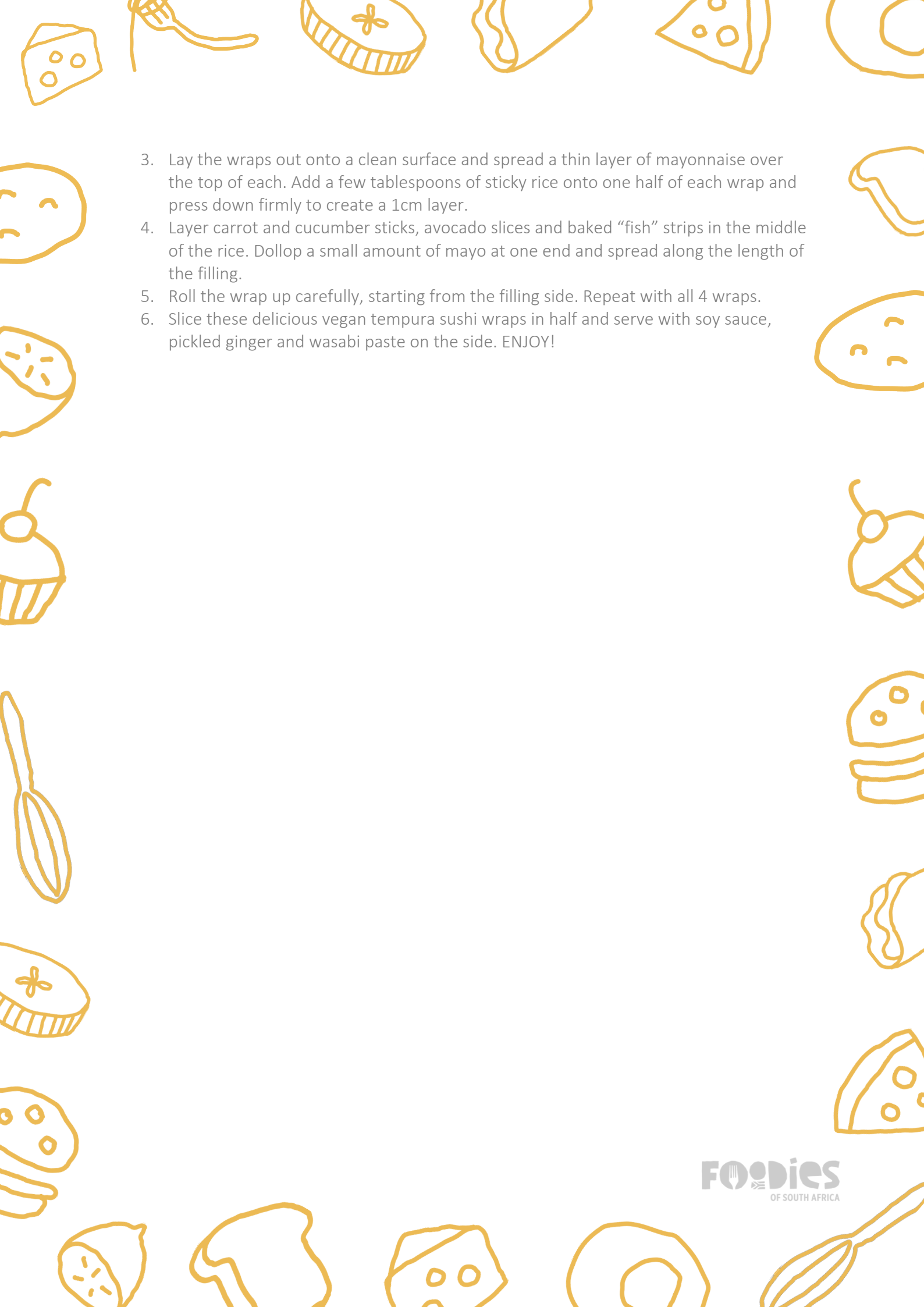
METHOD

For the sticky rice:

1. Rinse the rice thoroughly under cold water until the water runs clear.
2. Combine the rice and ½ tsp salt in a pot and cover with 2 cups of cold water. Soak for 30 minutes. Cover with a lid, bring to the boil and simmer for 15-20 minutes, or until the water has been absorbed. Remove from the heat, place a kitchen towel in between the pot and lid and allow to stand for 12 minutes. Spread the steamed rice over a baking tray to cool.
3. Combine the rice vinegar, sugar and the remaining salt in a small saucepan. Bring to a simmer on a low heat and stir until the sugar is dissolved. Allow to cool.
4. Stir the vinegar mixture and sesame seeds through the cooled rice and set aside.

For the vegan wraps:

1. Preheat the oven to 200°C.
2. Place the frozen Fry's Fish-Style Fillets on a greased baking tray and bake the fillets for 15 minutes, or until golden and crisp on the outside. Cut into strips.

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3. Lay the wraps out onto a clean surface and spread a thin layer of mayonnaise over the top of each. Add a few tablespoons of sticky rice onto one half of each wrap and press down firmly to create a 1cm layer.
 4. Layer carrot and cucumber sticks, avocado slices and baked “fish” strips in the middle of the rice. Dollop a small amount of mayo at one end and spread along the length of the filling.
 5. Roll the wrap up carefully, starting from the filling side. Repeat with all 4 wraps.
 6. Slice these delicious vegan tempura sushi wraps in half and serve with soy sauce, pickled ginger and wasabi paste on the side. ENJOY!