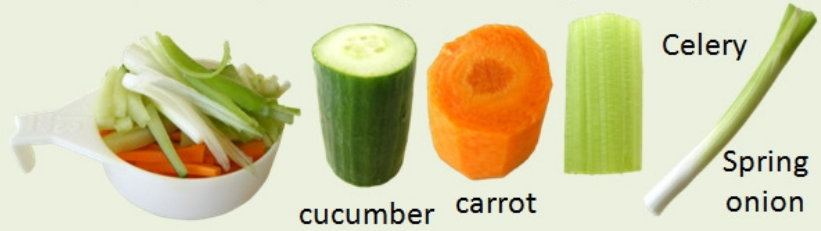


Sushi roll - Feeds 1



Ingredients

1/3 cup of thinly sliced vegetables- Any fresh vegetable



cucumber carrot

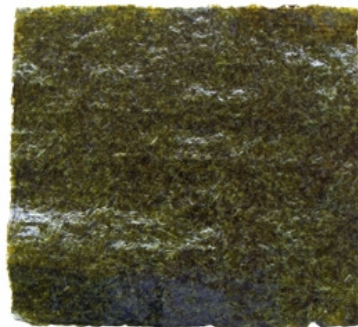
Celery
Spring onion



1/2 cup cooked rice

Wasabi

1 tablespoon tinned fish



Seaweed sheet

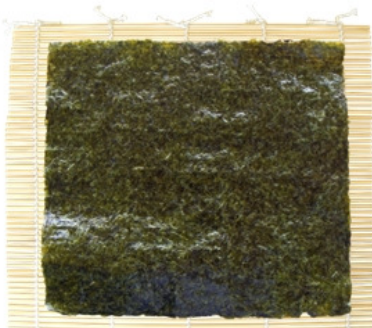


Low salt soy sauce



1 teaspoon low fat mayonnaise

Equipment



1 Place seaweed sheet rough face down



2 Empty 1/2 cup cooked rice on to seaweed sheet



3 Spread the rice with the back of a spoon



4 Place 1/3 cup of finely sliced fresh vegetables on the rice



5 Add fish



Optional



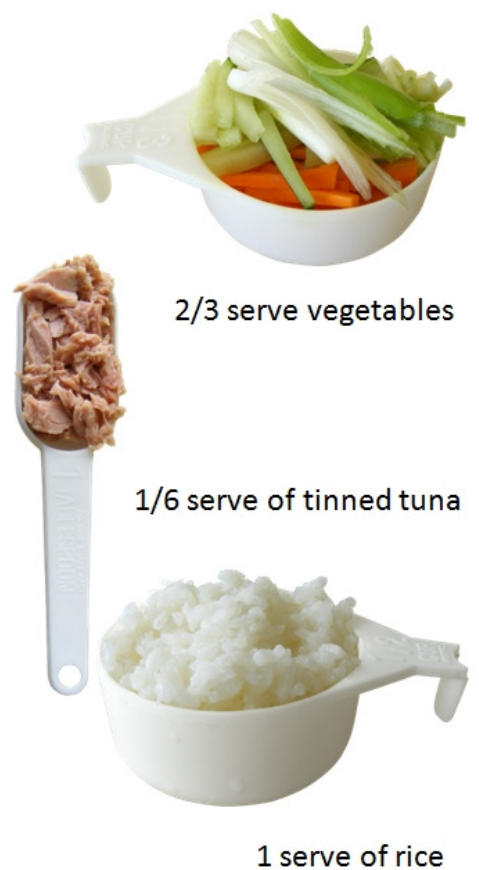
6 Add mayonnaise



Good food plate



Serves in 1 long sushi roll



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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