

The image shows three cucumber avocado sushi rolls arranged on a light-colored wooden cutting board. Each roll is a cylinder of white rice, topped with a layer of diced cucumber and a slice of avocado. A piece of dark green nori seaweed is tucked into the top of each roll. The rice is garnished with a mix of white and black sesame seeds. The background is a blurred grey and white pattern. A white rectangular banner with red text is centered over the middle of the image, flanked by red vertical bars on either side.

CUCUMBER AVOCADO SUSHI

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Prep time: 10 Minutes

Cook time: 20 Minutes

Servings: 3 People

INGREDIENTS:

2 cups Long English Cucumber

2 cups brown rice

3 cups water

¼ cup rice vinegar

½ tbsp. vegetable oil

1/8 cup sugar

½ tsp. salt

1 avocado

1/8 cup toasted sesame seeds

1 sheet of dried seaweed

CHEF'S TIP:

Drizzle gluten free soy sauce over this recipe to add a little more flavor!

DIRECTIONS:

Cook brown rice in 3 cups of water. While that is cooking, heat up rice vinegar, vegetable oil, sugar, and salt in a saucepan until sugar dissolves. Let cool. When rice comes to a boil, cover and cook for 20 minutes or until water is absorbed. Let rice cool until it is warm. Mix rice with vinegar mixture until the liquid is absorbed and the rice is sticky.

Peel and dice cucumber and slice avocado; set aside.

Layer avocado at the bottom of a one-cup measuring cup. Add a layer of cucumber on top. Pack rice on top of the cucumber to fill the cup. Place a plate face down on the cup, hold together, and turn both over so the plate rests on the countertop or table. Sprinkle with toasted sesame seeds. Optional: break up pieces of dried seaweed or nori on top for the full sushi experience!