

Easy Homemade Sushi



Discover the joy of making homemade sushi with this simplified yet flavour-packed version. This recipe is as original as it is delicious and proves that with quality ingredients, it's possible to recreate restaurant-quality sushi right in your own kitchen! Why not turn it into a fun activity with family or friends? For even more inspiration, discover our [12 easy recipes to cook with kids](#), created by our dietitians.

This recipe makes 4 rolls of 8 makis each.

Preparation 25 min

Cooking 20 min

Servings 2

Nutrition Facts (per serving)

Calories 525

Fat 12

Carbohydrates 67

Fibre 4

Protein 38

Sodium 780

Ingredients

- 180 ml ($\frac{3}{4}$ cup) sushi rice
- 30 ml (2 tbsp) rice vinegar

- 5 ml (1 tsp) sugar
- 300 g (3/4 lbs) cooked shrimp, tails removed
- 15 ml (1 tbsp) light mayonnaise
- 10 ml (2 tsp) lemon juice
- 2.5 ml (½ tsp) dried dill
- 4 nori sheets
- 100 g (3 ½ oz) smoked salmon, thinly sliced
- ½ English cucumber, cut into julienne
- ½ avocado, sliced
- 4–5 strawberries (or ½ mango), sliced
- 4–5 leaves green leaf or Boston lettuce

For serving (optional):

- Sesame seeds, to taste
- Light soy sauce
- Pickled ginger

Preparation

1. Rinse the rice under cold water until the water runs clear. Cook according to the package instructions. Once cooked, add the rice vinegar and sugar and mix well. Let cool slightly at room temperature.
2. Chop the shrimp and, in a bowl, mix with the mayonnaise, lemon juice, and dill. Set aside.
3. Place a sheet of nori on a sushi mat or flat surface, shiny side down.
4. Spread about 125 ml (½ cup) of rice over the sheet, leaving a 2 cm border at the top. Sprinkle with sesame seeds.
5. Place in the centre : the shrimp mixture, smoked salmon, cucumber, avocado, and fruit. Generously fill the makis without overstuffing them to make rolling easier.
6. Roll tightly using the sushi mat. Moisten the edge of the nori to seal the roll.
7. Cut each roll into 8 pieces using a sharp wet knife.
8. Serve with soy sauce and pickled ginger.

Notes

Keeps for 1 day in the refrigerator. Best enjoyed the same day.



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