

## SEAWEED HAND ROLLS



### **Ingredients:**

1 large cucumber, diced into long strips  
1 ripe avocado, sliced  
1 cup Asian greens, chopped  
1 large ripe tomato, sliced  
8 sheets Nori seaweed (toasted)  
½ cup cold water (or vinegar)  
Soy sauce  
Pickled ginger  
Wasabi paste

**Tip: toast 2 Tbsp sesame seeds on medium heat. Mix in with the soy sauce to add more flavour. Enjoy!**



### **Instructions:**

- Place one seaweed sheet on a flat surface (a wooden cutting board works well).
- Place a few slices of each of the cucumber, avocado, tomato and a few Asian green leaves in the middle of the seaweed sheet (diagonally).
- Roll the seaweed sheet into a cone shaped roll. The roll has to be tight enough to hold all the ingredients together. Use vinegar to seal off the cone at the ends.
- Repeat the above steps with the remaining seaweed sheets and vegetables.
- Enjoy with soy sauce, pickled ginger and wasabi.

Serves 4

### **Good to know**

Seaweed is becoming a popular food item in our diet. It is a source of omega 3 fats which is important for healthy skin and eyesight. As a matter of fact, fish is said to be high in omega 3's because they consume seaweed.