

# Quinoa sushi

Preparation time

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Serves

4

Recipe courtesy of

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Ingredients

Method

Nutrition

3 nori sheets

1 cup cooked quinoa

1 cucumber, sliced julienne

1 carrot, sliced julienne

1 avocado, cubed

reduced-salt soy sauce, to dip

1. Cook quinoa according to packet instructions.
2. Spread 3 tbsp of quinoa on each nori sheet at one end.
3. Top with cucumber, carrot and avocado.
4. Roll starting from the end with all the fillings.
5. Slice into 5 bite-size sushi pieces.

Nutritional information is provided per serve

Energy

550kJ (131 calories)

Protein	4g
Saturated Fat	1g
Total Fat	6g
Carbohydrates	12g
Sugars	3.5g
Dietary Fibre	6.5g
Sodium	251mg