

Rainbow Sushi Rolls



NUTRITION INFORMATION	PER SERVE (370G)	PER 100G
Energy (kJ)	1202.3	325
Protein (g)	11.8	3.2
Total Fat (g)	4.3	1.2
Saturated Fat (g)	0.8	0.2
Carbohydrate (g)	44.5	12
Sugars (g)	3.7	1
Dietary Fibre (g)	4.9	1.3
Sodium (mg)	37.2	10.1

Food Groups (serves per serve)

FRUIT	VEGETABLES	CEREALS	MEAT	DAIRY
0	2.3	2.5	0.24	0

Ingredients

SERVES 20 CHILDREN

10	Sushi Nori Sheets
5 cups	Sushi Rice (Uncooked)
6 cups	Water (For Cooking)
6 tbsp	Rice Vinegar
3 medium	Carrots, Grated
2 large	Cucumbers, Cut Into Thin Strips
2 large	Red Capsicums, Thinly Sliced
2 large	Yellow Capsicums, Thinly Sliced
2 large	Ripe Avocados, Sliced
400g	Cooked Chicken Breast, Shredded

ALLERGENS: Sushi nori may contain traces of **SOY** (check packaging)

Tip

Don't overfill — less is better for children.

To increase protein and variety, try with cooked/canned tuna. Or serve with extra chicken.

NURTURING GROWING BODIES

For more recipes, menus and food safety help, email info@oscarcaregroup.com.au

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Method

Cook the Sushi Rice

1. Rinse rice under cold water until the water runs clear (removes excess starch).
2. Cook rice according to packet instructions (usually 1 cup rice : 1.2 cups water).
3. When rice is cooked, transfer to a large shallow tray.
4. Gently fold vinegar through warm rice using a rice paddle or spatula.
5. Allow rice to cool to room temperature (cover with damp cloth to prevent drying).

Prepare Fillings

6. Ensure vegetables are cut into thin, even strips.
 - Pat cucumber dry with paper towel (prevents soggy sushi).
 - Ensure chicken is finely shredded for easy chewing.
 - Slice avocado just before rolling to prevent browning.

Assemble the Rolls

7. Place a bamboo sushi mat on a clean surface.
8. Place 1 nori sheet shiny side down. Spread about 1 cup of rice evenly over nori, leaving 2cm at the top edge.
9. Arrange a small line of each filling horizontally across the centre:
 - Chicken
 - Carrot
 - Cucumber
 - Red capsicum
 - Yellow capsicum
 - Avocado
10. Lift the mat and roll tightly away from you. Lightly wet the top edge of nori to seal.

Cut to Serve

11. Use a very sharp knife. Wipe blade with damp cloth between cuts. Cut each roll into 8–10 small pieces. For younger children, cut into smaller bite-sized pieces.

Food Safety tips

Wash all vegetables before cutting or serving.

The clock starts as soon as your rice starts cooling! You have a total of 2 hours to prep and serve your sushi. If you put your sushi in the fridge during this 2 hours, the clock pauses, it does not reset when taken out of the fridge.

Use clean, sanitised boards and utensils for preparation.

Staff must wear gloves and ensure hand hygiene when handling ready-to-eat foods. Recommended to prep and serve same day.



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