

# Vegetarian Temaki

Total time **30 mins** 30 mins preparation time

Nutritional facts (per portion):

**753 kJ / 179 kcal**

## INGREDIENTS

3 portion(s)

- 30 g** red and yellow bell peppers, sliced thinly
- 60 g** green asparagus, sliced thinly
- 6** lettuce leaves
- 6** nori sheets
- 180 g** cooked and seasoned sushi rice
- wasabi
- mayonnaise

**For dipping:**

Kikkoman Naturally  
Brewed Soy Sauce

## PREPARATION

**Step 1**

Cut the nori leaves into approx. 15 x 10 cm rectangles. Divide the sushi rice into 6 portions. Spread each portion of the sushi rice over the left half of each nori sheet (approx. 4 cm wide). Press a groove into the rice for the filling and spread it with wasabi and mayonnaise. Put the fillings (peppers, asparagus, lettuce) onto the rice portions equally and carefully roll the nori leaf into a cone, starting from one corner.