Simple spicy tofu sushi

COOK TIME	1.5 min
PREP TIME	10 min
MAKES	2 servings

Delicious homemade sushi that's ready in minutes? Yes, dreams really do come true! Using our organic grains and spicy marinade, these vegan-friendly sushi bites are quick to make and pack a flavorful punch.

INGREDIENTS

- 2 packages of SEEDS OF CHANGE™ Organic Aromatic Jasmine rice
- 2 sheets nori
- ¼ red bell pepper, cut into thin strips
- 1 green onion, thinly sliced
- 3 tbsp. organic seasoned rice vinegar, divided
- 2-ounces organic firm tofu, drained and crumbled
- 2 tbsp. purple cabbage, minced
- 1 baby cucumber, cut into thin strips
- ¼ cup carrot shreds
- ¼ avocado, cut into thin strips
- 1 tbsp. sesame seeds

DIRECTIONS

1. Heat both pouches of SEEDS OF CHANGE™ Organic Aromatic Jasmine rice according to package instructions. Transfer each pouch of rice to a wide bowl and stir 1 tbsp. of the seasoned rice vinegar into each bowl. Add minced purple cabbage to one bowl to make purple rice. Stir well and set aside to cool.
2. In another bowl stir together carrot shreds, cucumber strips and remaining 1 tbsp. of seasoned rice vinegar. Set aside to marinate.
3. Lay one sheet of nori, shiny side down, on a bamboo roller or you can use a double layer of baking parchment paper. Spread one of the pouches of seasoned rice over, stopping about ½ inch from the side edges and 1 ½ inches from the top end. Arrange the filling across the rice so it is parallel to, and about 2 inches up from the bottom edge of the nori and wet the exposed edge of nori at the top with a little water. Using

the bamboo roller or parchment, fold up the bottom edge of the nori and begin rolling, tightly until you have a complete cylinder shape. Gently squeeze the roll to ensure it sticks and let it sit for 5 minutes.
4. For easy cutting, wrap the roll in parchment, secured with tape or a loose rubber band and make 10 slices through the parchment covered roll. Wipe your knife with a wet paper towel between slices to prevent sticking.
5. Sprinkle with green onion and sesame seeds to serve.

NUTRITION INFO

Column 1	Column 2
Servings	2
Calories (per serving)	600
Total Fat	17g
Saturated Fat	2.5g
Trans Fat	0g
Total Fat % DV	22%
Saturated Fat % DV	13%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	500mg
Sodium % DV	22%
Total Carbohydrate	100g
Dietary Fiber	4g
Sugars	8g
Total Carbohydrates % DV	36%
Dietary Fiber % DV	14%
Protein	15g

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Coconut ginger vegetable curry

Cook time

20 min

Prep time

20 min



Sushi bake

Cook time

15 min

Prep time

5 min



Korean beef bibimbap bowl

Cook time

15 min

Prep time

10 min

Kimchi rice bowl

Cook time

5 min

Prep time

5 min

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