

BC GREENHOUSE VEGGIE SUSHI ROLLS

 *Yields:*
3 Sushi Rolls

INGREDIENTS

3	Nori sheets	3
1 cup	Sushi Rice	200 g
1 tsp	Salt	5 ml
1 tsp	Sugar	5 ml
¼ cup	Rice Wine Vinegar	50 ml
½	BC Greenhouse Cucumber	½
1	BC Greenhouse Red Bell Pepper	1
1	BC Greenhouse Orange Bell Pepper	1
1	BC Greenhouse Yellow Bell Pepper	1
2 tbsp	Black and White Sesame Seeds	30 ml



BC
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ASSOCIATION

DIRECTIONS

1. Rinse thoroughly and drain 1 cup of sushi rice. Cook according to package directions.
2. Season cooked rice with vinegar, salt, and sugar mixture. Let cool to room temperature.
3. Julienne BC Cucumber and BC Bell Peppers.
4. Lay out a bamboo sushi mat and line the mat with Nori seaweed paper. Cover surface with cooked and seasoned sushi rice. Gently distribute the rice over top of the Nori carefully without pushing too firmly on the rice.
5. In the center of the nori/sushi rice lined mat, place cucumber and bell peppers, and BC Roasted Tomato Sriracha aioli. Roll into cylinder, slice and serve. Garnish with black and white sesame seeds and extra aioli.

BC GREENHOUSE ROASTED TOMATO AND SRIRACHA AIOLI

INGREDIENTS

3 medium	BC greenhouse tomatoes (roasted, strained, and cooled)	10 cherry
1 cup	Mayonnaise	250 ml
1 tbsp	Sriracha	15 ml
½	Lime, juiced	½
1 clove	Garlic, finely minced	1 clove
1 tbsp	Parsley, fresh or dried	15 ml
to taste	Salt and Pepper	to taste

DIRECTIONS

1. Preheat oven to 400 F. Place tomatoes on parchment lined baking tray.
2. Cook for 10-15 minutes or until lightly caramelized. Let cool.
3. Crush tomatoes using your hands or a fork and strain out excess juices.
4. Using a blender or food processor mix tomatoes and all other ingredients until smooth.
5. Fill a squeeze bottle with the aioli for easy distribution on the sushi rolls.

