



PIECE MEAL

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Tsunamayomaki (makes 32 pieces)

Ingredients

- 1 cup short grain rice
- 1½ cups cold water
- 40g sugar
- 40ml rice vinegar
- ½ level teaspoon salt
- 4 toasted nori sheets

Filling

- 50g carrot, finely sliced into strips
- 50g telegraph cucumber, finely sliced into strips
- 75g avocado, finely sliced into strips
- 1 canned tuna (in water) mixed with 2 tablespoon low-fat mayonnaise

Method

Place rice in a sieve. Rinse thoroughly under cold running water. Place rice and water in the rice cooker. Set aside for 30 minutes before cooking.

Stand cooked rice for 15 minutes. Combine sugar, salt and vinegar. Gradually add to the rice tossing rice with a fork.

Cover and set aside for 10 minutes to cool.

To assemble, place a sheet of nori on a bamboo sushi mat. Spread the rice over the nori, covering less than half of the sheet.

Arrange the filling ingredients. Use the bamboo sushi mat to help roll the sushi into a tight log, pressing down firmly as you roll. Use a sharp knife to cut the log into 8 equal portions.

Nutrient Analysis Per Piece

Energy	42 kcal
Carbohydrate	8 g
Protein	2 g
Fat	1 g
Saturated fat	0 g
Cholesterol	1 mg
Dietary fibre	0 g
Sodium	44 mg
Carbohydrate Exchanges =	~ ½ exchange