

All About Wholegrains ...

Tuna Sushi Roll

Serves: 4 pax (Chef Ghim Guan)



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • Mixed rice, uncooked <ul style="list-style-type: none"> - ¾ cup of white short-grain rice - ½ cup of brown rice • Rice marinade • 220g of tuna in mineral water, flaked & drained • 3 tbsps. of Japanese Mayonnaise • 2 tsp. of “Lower sodium” soy sauce • 3 capsicums, mixed colour & julienned • 3 tbsps. of Furikake seasoning • 4 Nori seaweed sheets <p><u>Rice Marinade</u></p> <ul style="list-style-type: none"> • 1½ tspn. rice vinegar & ¾ tsp. sugar 	Energy (kcal)	541
	Carbohydrate (g)	57
	Protein (g)	26
	Fat (g)	17
	<ul style="list-style-type: none"> • Saturated Fat (g) 	>2.5
	<ul style="list-style-type: none"> • Polyunsaturated Fat (g) 	>4.3
	<ul style="list-style-type: none"> • Monounsaturated Fat (g) 	>7.9
	Cholesterol (mg)	48
	Dietary Fibre (g)	8.4
	Sodium (mg)	>534
Potassium (mg)	>774	
Phosphate (mg)	>358	

METHODS

1. Add in rinsed mixed rice in a rice cooker with 1¾ cup of water.
2. Once cooked, add in rice marinade and set aside.
3. Blanch capsicum and set aside.
4. In a bowl, mix rice, tuna flakes, Japanese mayonnaise, Furikake seasoning & soy sauce.
5. Divide the rice mixture and capsicums into 4 equal portions.
6. Place the Nori sheet on a bamboo mat, then cover the sheet with an even layer of rice (1 portion). Smooth gently with the rice paddle.
7. Layer the capsicums (1 portion) horizontally - 1” from the bottom of the seaweed sheet.
8. Roll it up tightly.
9. Cut each roll into 6-7 equal pieces and serve.

Tip:

- Wet the knife blade edge each time you cut the sushi roll to prevent the seaweed and rice from sticking to the blade.

NUTRITION & DIETETICS DEPARTMENT

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