

Cucumber-Avocado Maki

with Red Cabbage-Miso Slaw

Though most people equate “sushi” with “raw fish”, the word itself actually refers to the slightly acidic, vinegar-seasoned rice used to make the dish. We’ll be making vegetarian “Maki”, a rolled kind of sushi, filled with crunchy cucumber and creamy avocado. You’ll also be dressing up red cabbage with a miso, rice wine and ginger vinaigrette for an umami-rich slaw with a kick.



Ingredients

- 1¼ Cups Sushi Rice
- 2 Tablespoons Mirin
- 2 Tablespoons Rice Vinegar
- 1 1-Inch Piece Ginger
- 1 Avocado
- 1 English Cucumber
- 1 Lime
- ¼ Head Red Cabbage
- 2 Teaspoons Wasabi Powder
- 2 Tablespoons Sesame Oil
- 1 Tablespoon Miso Paste
- 1 Teaspoon Sugar
- ¼ Cup Soy Sauce
- 4 Sheets Nori Seaweed
- 2 Ounces Pickled Sushi Ginger
- 1 Teaspoon Black & White Sesame Seed
- 2 Pairs of Disposable Chopsticks

Makes 2 Servings

About 680 Calories Per Serving

Instructions



1

Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the ginger until it resembles a coarse paste. Cut the lime into quarters. Pit, peel and slice the avocado. Squeeze the **juice from 1 lime wedge** over the avocado slices to prevent browning. Peel the cucumber and cut it in half lengthwise, then using a spoon, scoop out the seeds. Cut the cucumber in half again crosswise, then into ¼-inch-thick sticks. Remove the core of the cabbage and discard; large dice the leaves.



2

Make the sushi rice:

In a medium pot, combine the **sushi rice**, a **pinch of salt** and **1½ cups water**. Heat the mixture to boiling on high, then cover and reduce the heat to low. Simmer 14 to 16 minutes or until all the water is absorbed and the rice is cooked through. Let stand, still covered, 5 minutes then stir in the **mirin** and **rice vinegar**. Spread the rice in a thin layer over a lightly greased, shallow dish, or sheet pan, to cool.



3

Make the wasabi & the miso vinaigrette:

In a small bowl, combine the **wasabi powder** with **1 to 1½ teaspoons of water**, stirring to form a paste. In a separate, medium bowl, combine the **miso paste**, **sesame oil**, **ginger paste**, **sugar**, **half the soy sauce** and the **juice of the remaining lime wedges**; whisk until smooth.



4

Make the slaw:

In a large bowl, combine the **red cabbage** and some of the **miso vinaigrette** (you may have extra vinaigrette) and toss to thoroughly coat. Season with salt and pepper to taste.



5

Assemble the sushi:

Place the **seaweed sheets** onto a clean, dry work surface equipped with a bowl of clean water. Using wet hands, spread an even layer of **cooked rice** over each seaweed sheet, leaving a 1-inch strip at the top edge of the sheet bare. Place 2 to 3 **avocado slices** and 2 to 3 **cucumber sticks** lengthwise in the center of each sheet (parallel to the rice-less strip at the top). Then, carefully and tightly roll the sushi towards the bare seaweed, tucking in the filling as you go. Seal the seam of the seaweed with wet fingers. (You may have some extra rice, cucumber or avocado.)



6

Plate your dish:

Slice each roll into 6 equal pieces, wiping off your knife with a wet towel after each cut. Garnish with the **sesame seeds** and serve with the **wasabi paste**, **pickled ginger**, **cabbage slaw**, and the **chopsticks** and **remaining soy sauce** (for dipping). Enjoy!