**Sushi**

Ingredients

1 cup sushi rice

3 tablespoons rice vinegar

1 pinch salt

4 sheets nori (Japanese seaweed)

½ cucumber, sliced thinly – lengthwise

½ carrots, sliced thinly- lengthwise

1 avocado- peeled and sliced

1 stick of imitation crab mixed with mayonaise

Method

1. Mix the rice with the vinegar and salt.
2. Place a sheet of seaweed on to your bamboo sushi mat.
3. Use your hands (wet them first) to spread a thin layer of rice across the seaweed. Leave a ½ inch strip with no rice at the bottom.
4. Place the fillings across the centre.
5. Start rolling the seaweed towards the exposed side. If you need to unroll and reroll to tighten the roll. You can also use a little water to help seal the end of the roll.
6. Repeat with other sheets
7. Use a sharp and wet knife to slice the roll.