

Vegetable and Spicy Tuna Maki

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-recipe-of-chicken-with-asparagus>

Ingredients:

- 1 1/2 cups sushi rice Shirakiku
- 2 tablespoons seasoned rice vinegar lightly
- 4 teaspoons sugar
- 1/2 teaspoon salt
- 1/4 avocado sliced into 1/2 inch thick strips
- 4 pieces asparagus bottoms trimmed
- 1/3 cucumber a large, cut into 1/4 inch thick strips
- sushi rice cooked
- 1/3 pound tuna sushi grade fresh, I used yellowfin
- 1 teaspoon sriracha hot chili sauce optional
- 1 dash sesame seed
- 2 green onions sliced lengthwise, reserve only green pieces
- sushi rice Cooked
- soy sauce Low-sodium
- wasabi paste
- pickled ginger optional

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 151 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 10 grams
6. Protein: 23 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 610 milligrams
9. Sugar: 5 grams

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