



We are fortunate in York to have quite a number of Asian students at the university so all the larger supermarkets have an Asian food section. Which made acquiring Nori sheets remarkably easy.

These Nori rolls aren't really authentic but apart from the fact that Sue's not overly keen of fish, Sushi would have been beyond our budget. So she made up a cross between Spring Rolls and Sushi.

Ingredients:-

Nori Sheets
Bean Sprouts
Onions, finely sliced
Carrots, batoned
Courgette, batoned
Cooked Beetroot, batoned
Mushrooms, sliced
Cucumber, batoned
Soy Sauce
Lettuce leaves
Roasted Garlic Chicken breast, sliced

Method:-

- (1) Stir fry all the ingredients except the Beetroot, Lettuce and Cucumber.
- (2) Mix the filling ingredients with a dash of Soy Sauce.
- (3) Place Lettuce leaves on top of the Nori sheet.

(4) Spoon the filling ingredients into the middle of the sheet.

(5) Roll each parcel and either tick the ends in as you would with Spring rolls, or leave open.

We served ours with Sticky Rice and Peas, Home made Coleslaw and a Potato Salad. The whole gig was fresh colourful and very tasty.