



Spider Demo Kitchen

Nori Wraps

yield: 2 servings



Ingredients:

2 cups	Short grain white rice or brown rice
2 TBSP	Soy sauce or tamari
2 TBSP	Lime juice
1/3 cup	Mayo
2 TBSP	Sriracha
2-3 each	Nori sheets, cut into quarters
1/2 cup	Cucumber, sliced into strips
1 ripe	Mango, sliced into strips
1/2 each	Avocado, sliced into strips
3 oz	Baked tofu (optional)
Garnishes:	Sesame seeds, fresh herbs

Instructions:

1. Make rice: rinse off rice in bowl changing the water 2-3 times or until water is clear and not cloudy. Strain with a mesh sieve. Cook with 2 cups of water over medium high heat. Bring water to a boil, then reduce heat to a simmer and cook until water is absorbed.
2. In a small bowl, combine soy sauce and lime juice. Set aside—this will be your dipping sauce.
3. In another small bowl, combine mayo and sriracha to make spicy mayo. Set aside.
4. Take a square of nori, top with rice, cucumber, mango, avocado. Drizzle with mayo. Wrap and dip in dipping sauce, and enjoy!

UR Dining



Spider Demo Kitchen

Nori Wraps

yield: 2 servings



Ingredients:

2 cups	Short grain white rice or brown rice
2 TBSP	Soy sauce or tamari
2 TBSP	Lime juice
1/3 cup	Mayo
2 TBSP	Sriracha
2-3 each	Nori sheets, cut into quarters
1/2 cup	Cucumber, sliced into strips
1 ripe	Mango, sliced into strips
1/2 each	Avocado, sliced into strips
3 oz	Baked tofu (optional)
Garnishes:	Sesame seeds, fresh herbs

Instructions:

1. Make rice: rinse off rice in bowl changing the water 2-3 times or until water is clear and not cloudy. Strain with a mesh sieve. Cook with 2 cups of water over medium high heat. Bring water to a boil, then reduce heat to a simmer and cook until water is absorbed.
2. In a small bowl, combine soy sauce and lime juice. Set aside—this will be your dipping sauce.
3. In another small bowl, combine mayo and sriracha to make spicy mayo. Set aside.
4. Take a square of nori, top with rice, cucumber, mango, avocado. Drizzle with mayo. Wrap and dip in dipping sauce, and enjoy!

UR Dining