



**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.**