

Crispy Veggie Sushi Roll with Fried Bell Peppers and Asparagus

A delightful veggie sushi roll featuring crispy fried bell peppers and asparagus paired with refreshing crunchy cucumber for the perfect texture contrast. This easy-to-make roll brings vibrant flavors and satisfying crunch in every bite.


30 min

Total time

Easy

Difficulty

280

kcal / serving

Ingredients

- 1/2 cup sushi rice
- 1 sheet nori (seaweed)
- 1/4 cup bell peppers, thinly sliced
- 3 asparagus spears, trimmed and cut into strips
- 1/4 cucumber, julienned
- 1 tsp soy sauce
- 1 tsp sesame oil
- 1 tbsp vegetable oil (for frying)
- 1 tsp rice vinegar
- 1/2 tsp sugar
- Pinch of salt

Steps

- 1 Rinse sushi rice under cold water until water runs clear. Cook rice according to package instructions.
- 2 Mix rice vinegar, sugar, and salt in a small bowl until dissolved. Gently fold this seasoning into the cooked rice. Let cool.
- 3 Heat vegetable oil in a skillet over medium heat. Fry the bell pepper slices until slightly crispy and tender, about 3-4 minutes. Remove and drain on paper towels.
- 4 In the same skillet, fry asparagus strips for 2-3 minutes until tender-crisp. Remove and drain.
- 5 Place a bamboo sushi mat on a flat surface, lay the nori sheet shiny side down.
- 6 Spread an even layer of sushi rice on the nori, leaving 1 inch at the top edge free.
- 7 Arrange fried bell peppers, fried asparagus, and crunchy cucumber strips in a line along the bottom edge of the rice.
- 8 Using the mat, carefully roll the sushi tightly from the bottom edge, sealing the edge with a little water.
- 9 Slice the roll into 6-8 pieces using a sharp, wet knife.

Serve with soy sauce and your favorite pickled ginger or wasabi.