

Korean Seaweed Rice Rolls

Delicious and healthy Korean snack made with nutrient-packed seaweed and rice, perfect for a quick bite.



Snack

Korean

15 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 sheet of roasted seaweed, 1/2 cup cooked sushi rice, 1/4 cucumber (cut into matchsticks), 1/4 carrot (cut into matchsticks), 1/4 avocado (sliced), 1 tbsp sesame seeds, 1 tbsp soy sauce, 1 tsp sesame oil

Steps

- 1 Place the seaweed sheet shiny side down on a bamboo sushi mat.
- 2 Spread the sushi rice evenly over the seaweed, leaving a small border at the top.
- 3 Arrange the cucumber, carrot, and avocado in a line across the center of the rice.
- 4 Sprinkle sesame seeds over the veggies.
- 5 Roll the seaweed tightly using the sushi mat.
- 6 Mix soy sauce and sesame oil, then drizzle over the roll.
- 7 Slice the roll into bite-sized pieces and serve.