

# Sushi Tuna Avocado Roll

A delightful sushi roll featuring fresh tuna and creamy avocado, wrapped in sushi rice and nori for a perfect bite. This dish combines the umami of the tuna with the smoothness of the avocado, making it a sushi lover's dream.


**30 min**

Total time

**Medium**

Difficulty

**350**

kcal / serving

## Ingredients

- 100g sushi-grade tuna, diced
- 1/2 ripe avocado, sliced
- 1 cup sushi rice, cooked and cooled
- 1 sheet nori (seaweed)
- 1 tbsp soy sauce
- 1 tsp wasabi (optional)
- 1 tsp sesame seeds
- Pickled ginger for serving (optional)

## Steps

- 1 Place the nori sheet on a bamboo sushi mat.
- 2 Wet your hands and take half of the sushi rice, spreading it evenly over the nori, leaving about an inch at the top edge.
- 3 Lay the sliced avocado and diced tuna in a line along the center of the rice.
- 4 Sprinkle sesame seeds over the tuna and avocado.
- 5 Using the mat, carefully roll the sushi away from you, applying gentle pressure to keep it tight.
- 6 Once rolled, use a sharp knife to slice the roll into bite-sized pieces.
- 7 Serve with soy sauce and a dab of wasabi, along with pickled ginger if desired.