



Sushi (teriyaki chicken or tofu)

Ingredients

| You will need (please do NOT measure out ingredients ahead of time unless stated) | Alternatives |
|--|----------------|
| 1 cup raw rice, cooked and cooled. Prepare rice in a rice cooker or using the absorption method on the packet. Ideally sushi rice but any rice is fine. Into rice mix $\frac{1}{4}$ cup rice wine vinegar or sushi seasoning (available from Asian section of supermarket). This must be cooked ahead of time. | |
| 1 packet nori sheet (available from Asian section of supermarket) | |
| Other fillings you would like: <ul style="list-style-type: none">- Cucumber- Carrot- Red capsicum- Avocado- Mayonnaise- Tuna or salmon | |
| 300g chicken strips (please cut before class. You can make more or less chicken if you like) | or tofu |
| $\frac{1}{3}$ cup soy sauce | |
| 2 tablespoons of honey | or maple syrup |
| 1 teaspoon crushed garlic or (fresh or jarred), optional | |
| 2 $\frac{1}{2}$ teaspoons of crushed ginger (fresh or jarred), optional | |
| Oil for pan | |

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Equipment (have ready before class):

- Clean working space, ideally in kitchen
- 1 cutting board
- 1 knife (or [foost knife](#))
- 1 medium mixing bowl
- 1 spoon
- Small roasting pan (for cooking chicken in oven)
- 1 fork
- 1/3 cup measure
- 1 teaspoon
- Apron, optional

Note:

- Try and make camera so you can see your hands and face
- We are using the oven today
- Adult supervision required