



### Product Spotlight: Nori Sheets

Nori is a dried seaweed rolled into sheets (raw) and roasted (aka sushi paper). It is a powerhouse of essential nutrients and a wonderful dietary inclusion.



## 2 Smokey Eggplant Nori Wraps

Sweet and smokey eggplant with fresh salad, avocado and fragrant quinoa all wrapped up in a nori roll, served with lightly pickled ginger.

 35 minutes

 2 servings

 Plant-Based

15 February 2021

### Mix it up!

*If you don't feel like making the rolls you can transform this dish into a bowl instead! Divide the quinoa among bowls, top with salad, eggplant and ginger. Slice the nori sheets into strips and use to garnish.*

Per serve: **PROTEIN** 34g **TOTAL FAT** 43g **CARBOHYDRATES** 107g

## FROM YOUR BOX

QUINOA KIT	1 packet
SMALL EGGPLANT	1
AVOCADO	1
CARROT	1
CONTINENTAL CUCUMBER	1/2 *
SPROUTS	1/2 punnet *
TAHINI	1/3 cup *
NORI SHEETS	1 packet
PICKLED GINGER	1 jar

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

soy sauce, smoked paprika, sugar (of choice), soy sauce (or tamari)

## KEY UTENSILS

oven tray, saucepan with lid

## NOTES

You can get everyone involved and assemble the rolls at the table! This way everyone can pick what they want in their individual rolls.

If you have any leftover fillings you can toss them together to make a salad.



### 1. COOK THE QUINOA

Set oven to 220°C.

Place quinoa and **2 cups water** in a saucepan. Cover and bring to a simmer over medium-high heat for 15 minutes. Take off heat and leave to sit for 5 minutes until water has absorbed.



### 2. ROAST THE EGGPLANT

Combine **1 tbsp soy sauce**, **1 tsp smoked paprika** and **1/2 tsp sugar**. Cut eggplant into batons and toss on a lined oven tray with marinade. Roast for 15–20 minutes until cooked through.



### 3. PREPARE THE FILLINGS

Slice avocado. Cut carrot and cucumber into matchsticks. Set aside with sprouts.

Whisk together 1/3 cup tahini with **1/3 cup water** in a small bowl. Set aside.



### 4. ASSEMBLE THE ROLLS

Lay a nori sheet on a flat dry surface. Drizzle with tahini sauce. Lay an even amount of quinoa, fresh vegetables and roast eggplant on the bottom third of the nori sheet.



### 5. ROLL UP TO ENCLOSE

Gently but firmly, roll the edge closest to you towards the centre of the nori wrap until fully rolled up. Dab the edge with water to help seal. Repeat steps 4 and 5 until all nori sheets are filled.



### 6. FINISH AND PLATE

Slice nori rolls in half. Serve with pickled ginger (to taste) and **soy sauce** for dipping if desired.

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