



Inspired by west coast culinary fusion, this sushi calls for chicken instead of fish. Let your creativity loose for inspiring additional filling ideas.

**Number of servings:** Makes 3 one-roll servings

**Preparation time:** 40 minutes

**Total time:** 1 hour, 20 minutes

*Allergy-Friendly  
Recipe*

## Sushi



*The*  
**Allergy-Friendly  
Kitchen**

Presented by Food Allergy Canada and Pfizer Canada

# The Allergy-Friendly Kitchen

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**Tips:** Sushi fillings are as limitless as the imagination. Go online to search for “seafood free sushi recipes” for more ideas.

Preparing meals together can be an important social event for family and gives young family members opportunities to develop valuable kitchen skills. Enlist kids to mix and match fillings and help with the rolling.

For more nutrients, including dietary fibre, use brown sushi rice.

Sushi is either a great appetizer or main. As an appetizer this recipe serves about 6.

| Nutrition information      |               |
|----------------------------|---------------|
| Per 1 serving (1 roll)     |               |
| Amount                     | % Daily Value |
| <b>Calories</b> 660        |               |
| <b>Fat</b> 19 g            | 29 %          |
| Saturated 4 g              | 20 %          |
| + Trans 0 g                |               |
| <b>Cholesterol</b> 35 mg   | 12 %          |
| <b>Sodium</b> 1260 mg      | 52 %          |
| <b>Carbohydrates</b> 104 g | 35 %          |
| Fibre 7 g                  | 27 %          |
| Sugars 22 g                |               |
| <b>Protein</b> 21 g        |               |
| Vitamin A                  | 13 %          |
| Vitamin C                  | 23 %          |
| Calcium                    | 2 %           |
| Iron                       | 5 %           |

## Ingredients

| Measurement |        | Item                                   |
|-------------|--------|--|
| 1 cup       | 250 mL | Sushi rice, white                      |
| 1 ½ cup     | 375 mL | Water                                  |
| ¼ cup       | 60 mL  | Rice vinegar                           |
| ¼ cup       | 60 mL  | Sugar, granulated                      |
| 1           | 1      | Chicken breast, skinless, boneless     |
| ¼ cup       | 60 mL  | Plum sauce                             |
| Pinch       | Pinch  | Salt, iodized                          |
| Pinch       | Pinch  | Pepper                                 |
| 2 tbsp      | 30 mL  | Olive oil, divided                     |
| ½           | ½      | Sweet potato                           |
| 3           | 3      | Nori seaweed sheets                    |
| 1           | 1      | Carrot (small)                         |
| ½           | ½      | Cucumber                               |
| ½           | ½      | Avocado (pitted and with skin removed) |
| 2           | 2      | Serrano peppers                        |
| 3 tbsp      | 45 mL  | Soy sauce – soy & wheat-free           |
| 1 tbsp      | 15 mL  | Wasabi                                 |

\* Note: Read recipes carefully to ensure you are not allergic to any ingredients.

\* Reminder: Read food labels each and every time you buy something. Manufacturers can change their production process and alter their products at any time.

## Instructions:

- Preheat oven to 400° F (205° C).
- In a medium sized pot, add water and rice and bring to a boil. Once boiling, cover pot with lid and reduce heat to low. Simmer on low heat for 30 minutes. Remove from heat and allow to rest with lid on for 5 to 10 minutes.
- In a small saucepan, add rice vinegar and sugar. On medium heat, cook until sugar has dissolved. Remove from heat and set aside. Once rice is cooked, add rice vinegar mixture and mix well. Allow to completely cool. Rice should be sticky but not pasty.
- In a medium baking pan, season chicken breast with salt and pepper. Cover chicken breast with plum sauce and 1 tablespoon of olive oil.
- Peel sweet potato and cut lengthwise, into strips just under ½ inch thick. On a small baking sheet place strips on parchment paper and drizzle with the remaining 1 tablespoon of olive oil. Sprinkle a pinch of salt and pepper and place in the oven.
- Bake both the chicken and the sweet potatoes for 25 - 30 minutes or until the chicken is fully cooked and juices run clear and the sweet potatoes are tender. Remove from oven and allow to cool completely.
- Slice chicken breast into thin slices and set aside.
- Place plastic wrap on top of sushi rolling mat. Add nori sheet on top of plastic wrap. Dampen hands then pick-up a handful of rice and spread evenly to just over half of the nori sheet; leaving the rest uncovered.
- Place toppings along the middle of the rice (including chicken strips, carrot, cucumber, avocado and serrano peppers). Hold the near edge of the mat. Lift up and then roll away from you. Wet the top of the nori that has no rice with water to help seal the roll. Once completely rolled, seal with the plastic wrap on each end of the roll and place in fridge to chill until firm. Alternatively, you can omit the plastic wrap and wrap after.
- Cut rolls into rounds. To prevent your knife from sticking, you can brush with rice vinegar.
- Serve with soy-free soy sauce and/or wasabi and garnish with sliced serrano peppers.