

ONE BITE

VEGAN MAGAZINE

HOW TO MAKE
Vegan
Sushi

Superfood Infused
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and Cacao
Donuts**

MUST TRY
Bliss Ball
- 4 WAYS!

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FUN-SIZED
FLAVOR-FILLED
PLANT BASED
RECIPES

Kid Approved!
**Zucchini
Tater Tots**

Party Perfect Spinach Cheese **Pizza Rolls**

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Vegan Quinoa Onigirazu

A great refuel go-to meal

By: Zuzana Fajkusova and Nikki Lefler



Some brilliant person created what they call an onigirazu, which is a LARGE nori sheet wrapped sandwich that can fit lots of fun fillings and is the perfect meal to feed a crowd. In this version of Onigirazu we decided to use turmeric quinoa instead of the traditional white sushi rice and accompany this sandwich with our very own delicious miso ginger sauce.



Vegan Quinoa Onigirazu Servings 2

INGREDIENTS:

- 2 organic nori sheet
- Turmeric Quinoa:
- 1/2 cup quinoa
- 1 cup water
- 1/2 tsp turmeric powder
- pinch of black pepper
- pinch of salt

Filling

- Any veggies of your choice will work here. Be creative. We use:
- 1/4 English cucumber sliced
- 1 carrot shredded
- 1/2 avocado
- 1/2 roasted/cook or pickled beet
- 1 leaf of Swiss chard or Romain lettuce gives the sandwich a nice crunch
- Handful of fresh cilantro

Miso Ginger Sauce:

- 2 tablespoons tahini
- 3 tablespoon miso
- 2 fresh ginger root peeled
- juice of one lime
- 1 tablespoon coconut aminos
- 2 tablespoon coconut nectar or maple syrup
- 1 tablespoons apple cider vinegar
- 1/8 cup water less or more

INSTRUCTIONS:

Turmeric Quinoa

1. Pour the quinoa into a fine mesh strainer and rinse under running water for at least 30 seconds. Drain well.
2. Combine the rinsed quinoa and water with turmeric, pepper and salt in a saucepan. Bring the mixture to a boil over medium-high heat,

then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 10 to 12 minutes.

3. While the quinoa is cooking prep your veggies. Wash, peel, slice, shred, etc.

4. Remove the pot of cooked quinoa from heat, cover, and let the quinoa steam for 5 minutes. Remove the lid and fluff the quinoa with a fork.

Miso Ginger Sauce

1. Blend all ingredients in a high speed blender until smooth and creamy, adding water as needed.

Assemble

1. On a working surface, lay out a piece of cling wrap, shiny side down and place an individual nori sheet on top.

2. Drop 1/4 cup of the quinoa in the centre, and

flatten lightly with a fork (should be about the size of your palm)

3. Now pile veggies of your choice (chard, avocado, carrot, beet, cucumber, cilantro) over the quinoa (right to the edges of the quinoa).

4. Top with second 1/4 cup of quinoa.

5. Fold the nori as a package, bringing up each corner to meet in the middle, with some overlap.

6. Fold the cling wrap up over, seal relatively tightly, then flip over and let sit five minutes.

7. Follow steps 1-6 to prepare the second nori wrap.

8. Slice tightly rolled nori wrap in half using a sharp knife. Enjoy either warm or (same day) cold.

9. Dip in the miso ginger sauce as desired.

ABOUT THE AUTHOR



Zuzana Fajkusova and Nikki Lefler are Personal Wellness Coaches, authors of The Vegan Weight Loss Manifesto and all around lovers of abundance and nourishment based in Vancouver, Canada. Through the blog Activevegetarian.com they inspire others to live a healthy, active, plant based lifestyle.

As always, we are here for you! If you would like more help implementing healthy habits, if you need someone to keep you accountable and guide you on this journey to better health, you can count on us! Look into our **AV Coaching** and don't forget you can also find us on social media.

