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Rainbow Roll Sushi Recipe

This uramaki sushi is a Japanese-American creation that is as fun to make as it is to eat! The inside of your Rainbow Roll sushi will be filled with crab, avocado, and cucumber, and then wrapped in seaweed and sushi rice. Your roll will be topped with mango slices, avocado, salmon, and tuna to achieve a beautiful rainbow effect.



 Course	Appetizer, Main Course
 Cuisine	American, Japanese
 Prep Time	15 minutes
 Servings	1
 Calories	890kcal
 Author	Alexandria Drzazgowski



5 from 3 votes

Equipment

- Plastic Wrap
- Sushi Rolling Mat
- Knife/Knives
- Cutting Board

Ingredients

- 1 Nori Seaweed Sheet cut in half
- $\frac{3}{4}$ cup sushi rice Cooked
- $\frac{1}{2}$ Avocado
- 1 Imitation crab stick
- 2 pieces Cucumber thinly sliced
- 3 slices Sushi-grade salmon
- 3 slices Sushi-grade tuna
- 1 Mango thinly sliced

Instructions

1. Wrap your sushi mat in plastic wrap so that the rice does not stick to the bamboo.
2. Put the **½ seaweed sheet** on the mat with the rough side up.
3. Lay **¾ cup** rice across the entire roll (you may not need to use all the rice), then flip the seaweed over so the smooth side is showing.
4. Cut **½ an avocado** into thin strips and place the strips lengthwise in the center of the seaweed.
5. Cut the **crab stick** into thinner slices if needed. Place them on the seaweed next to the avocado.
6. Add a few slices of **cucumber** on top of the avocado and crab, lengthwise.
7. Place your thumbs under the sushi mat. Then lift the edge of the mat closest to your belly up and over the filling in the center.
8. Use your hands to press the length of the log, making sure that all of the sushi ingredients are staying together. Continue lifting and rolling the edge of the sushi mat until the sushi is in one roll. Gently press with your hands again to make sure that the rice on the outside edge is sticking together. If you need visual instructions for this process, I enjoyed watching this video.
9. Lay the thinly sliced fish and fruits over the top of the sushi roll with the edges slightly overlapping. Go in this order: **tuna, salmon, mango, avocado**, repeat.
10. Lay plastic wrap over the sushi roll and place your mat on top. Squeeze the mat on top of the roll so that the toppings stick to the rice.
11. Remove the plastic and use a knife to cut the sushi into 8 pieces. Serve and enjoy!

Notes

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- **Nori Sheet:** You can buy this from any Asian grocery store. Many grocery stores will also have an Asian aisle. If your sheets aren't cut in half already, you'll want to do that before you start rolling your sushi.
- **Sushi Rice:** Cook the sushi rice according to the instructions on the package. Don't forget the sushi vinegar to make the sushi rice (you can also make homemade sushi vinegar by heating rice vinegar, sugar, and salt together)! Do not use another type of rice for this recipe.
- **Crab Stick:** I cut my crab sticks in half so that they fit into the roll better.
- **Salmon:** I bought pre-sliced sushi-grade salmon from my local Asian market. You can slice the fish yourself if need be, but make sure it is sushi-grade.
- **Tuna:** I bought pre-sliced sushi-grade tuna from my local Asian market. You can slice the fish yourself if need be, but make sure it is sushi-grade.
- **Mango:** Cut the cheek off of one side of your mango, then carefully use a paring knife to remove the peel from the mango. Then you can cut the fruit into thin slices!
- **Avocado:** To get good avocado slices, remove the pit from the avocado. Then, use a butter knife to scoop vertical slices of avocado out of the shell.
- When shopping for sushi-grade salmon, please note: that some packages will say sashimi-grade instead of sushi-grade on the package. These terms are interchangeable, and it means

the fish is safe to eat raw. Do not use any fish. It MUST be sushi-grade. Check out this article on Sushi vs Sashimi to learn more!

- You can sprinkle sesame seeds on the rice if you want before flipping it over. The sesame seeds add a delicious smoked flavor to the roll.
- You can make a spicy tuna roll by adding spicy mayo or sriracha.
- You can add a bit of cream cheese to the center of my roll, which makes it more reminiscent of my favorite-- Philadelphia Rolls!
- Be careful not to overfill your roll. It makes it difficult to roll and also difficult to eat!

Nutrition

Serving: 1serving | Calories: 890kcal | Carbohydrates: 153g | Protein: 26g | Fat: 20g | Saturated Fat: 3g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 12g | Cholesterol: 34mg | Sodium: 53mg | Potassium: 1255mg | Fiber: 14g | Sugar: 29g | Vitamin A: 2607IU | Vitamin C: 86mg | Calcium: 60mg | Iron: 4mg