Veggie Sushi Rolls

Veggie Sushi Rolls  
Cuisine: Japanese  
Diet type: Vegan  
Cook time: 0 minutes  
  
Ingredients:  
cooked sushi rice 1 1/4 cups (6 oz/185 g)  
unseasoned rice vinegar 1 teaspoon  
toasted nori seaweed 1 sheet  
about 7 by 8 inches (18 by 20 cm)  
toasted sesame seeds 1 tablespoon  
plus more for sprinkling  
English cucumber 1/4  
peeled and cut into thin matchsticks  
carrot 1/2  
peeled and cut into thin matchsticks  
ripe avocado 1/4  
thinly sliced  
soy sauce and pickled ginger slices for serving (optional)