Easy, healthy rainbow sushi bites
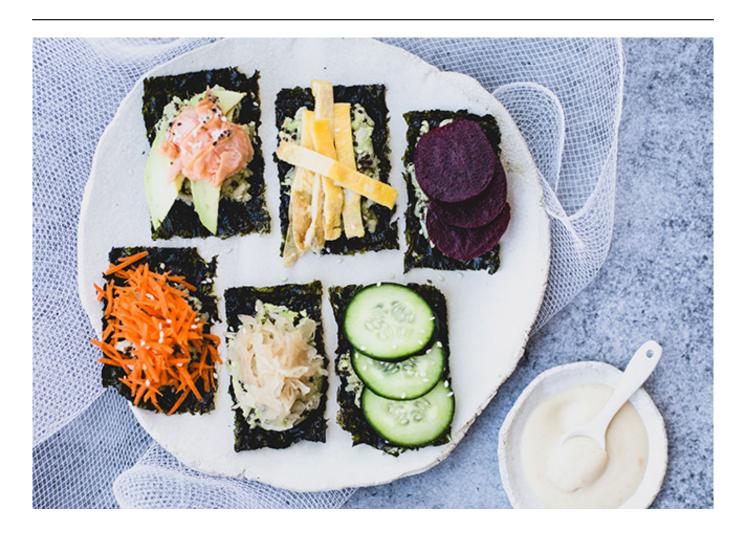
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Martyna Angell shares her easy, yummy sushi bites for those looking for fresh, flavoursome snacks.

If you can't find snacking-size seaweed (it can be found at most health food and Asian grocers), regular sushi nori sheets can be used instead – simply cut each sheet into four even pieces. Use 2 to 3 large sheets per person.

Ingredients

- 2 packets snacking nori seaweed (see note above)
- 2 cups cooked mixed quinoa, brown rice or a mixture of both
- 1 small avocado
- 1 small cooked beetroot (see note below)
- 1 small carrot, julienned
- ¼ Lebanese cucumber
- ¼ cup sauerkraut
- 50 g hot-smoked salmon or canned fish
- 1 egg, whisked and cooked
- 2 tsp sesame seeds

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For the dressing

- 1 tbsp white miso paste
- 2 tbsp plain yoghurt
- 1 tbsp almond oil
- 1 tbsp apple cider vinegar
- ½ tsp grated ginger

Method

Arrange seaweed sheets on two large serving plates. Mix together quinoa or rice and half an avocado. Top each seaweed piece with the mixture, flatten gently, then top with a single topping or a mixture of your favourites. Sprinkle with sesame seeds.
Whisk together all the dressing ingredients n a small bowl and drizzle over the sushi bites. Serve immediately.
You can buy cooked beets from the fruit and veg aisle of the supermarket or grocers. They are 100 per cent beets with no added anything, unlike their canned counterparts and are a great way to add another colour to your meals.

*Feel free to change things up for a vegetarian option.

Words, recipes and images: [Martyna Angell](#)

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