

Mango Tofu Hand Rolls

Featuring Nori

Nori hand rolls are perfect for a quick meal. In this recipe, roasted nori seaweed is topped with cooked rice, fresh mango, avocado, baked tofu, and a spicy cashew sauce. For a less spicy sauce, substitute sweet chili sauce for the sriracha.

Ingredients:

1/2 cup short-grain brown rice, uncooked
1 1/4 cups water, divided
1 tablespoon + 1 teaspoon rice wine vinegar, divided
1 large mango, peeled, pitted, and thinly sliced
1 (8-ounce) package baked tofu, teriyaki or savory flavor, thinly sliced
1 large avocado, peeled, pitted, and thinly sliced
1/2 cup raw cashews, soaked in hot water for 15 minutes
1/4 cup water
2 teaspoons low-sodium soy sauce
1-2 tablespoons sriracha sauce, depending on preference
2 (.35-ounce) packages roasted nori seaweed snack packs
Toasted sesame seeds and scallions (green onions), optional

Instructions:

- 1 Combine the rice and 1 cup water in a rice cooker or medium saucepan. Cook according to rice cooker directions, or bring the mixture to a boil, then reduce heat to low, and cover. Simmer for 20 minutes until water is absorbed and the rice is tender. Remove from heat, stir in 1 teaspoon of rice vinegar, and set aside.
- 2 While the rice is cooking, prepare the vegetables and tofu: slice the mango, tofu, and avocado into thin strips, roughly equal sizes for easier preparation.
- 3 Drain the cashews, then place in a small blender or food processor with remaining 1/2 cup water, soy sauce, remaining tablespoon of rice vinegar, and sriracha. Blend until creamy, stopping to scrape down the sides of the blender as needed.
- 4 When ready to assemble, layer two sheets of nori on top of one another (this makes for a sturdier base than a single sheet). Fill the sheet with 1-2 tablespoons of the rice, and 2-3 slices each of mango, tofu, and avocado, depending on thickness. Roll into a cone shape or cylindrical shape, as desired. Drizzle with creamy cashew-sriracha sauce, and garnish with sesame seeds and scallions, if using. Serve immediately.

**Makes 4 servings,
about 4 handrolls each**

Prep Time: 15 min.
Cooking Time: 25 min.
Total Time: 40 min.

Recipe Author

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Notes:

- 1 Baked tofu can be found in the tofu section of most supermarkets. Regular tofu can be substituted, either raw or sliced into strips and pan-fried.
- 2 Seeded and thinly sliced cucumber can also be added to these rolls.

Nutritional information (per serving):

344 calories, 15 g fat, 3 g saturated fat, 183 mg sodium, 43 g carbohydrates, 0 mg cholesterol, 11 g sugar, 5 g fiber, 10 g protein



Watch the recipe video here:
bit.ly/3DDbx9o