

**OVERALL time: 30 mins**

# TUNA POKÉ SUMMER ROLLS

Serve up something sensational this season! Made with our **Cape Herb & Spice Poké Spice** blend, this trendy take on sushi is guaranteed to elevate your summer menu.

Try these mouth-watering Tuna Summer Rolls for yourself!!

(Note: If you are using a mobile device to see this recipe, please ensure you view it on a landscape format so the ingredients can display properly).

Metric

**Number of servings : 8**

## ingredients

### For the Tuna

- 45 ml Soy sauce
- 15 ml Sesame oil
- 15 ml Rice vinegar
- 1 Pinch Chilli Flakes
- 15 ml **Cape Herb and Spice Poké Spice**
- 400 g Fresh Tuna, cubed
- 4 Spring onions, thingly sliced

### For the Wasabi Mayonnaise

- 45 ml Japanese/ Kewpie Mayonnaise
- 15 ml Wasabi paste

### For the rolls

- 12 Rice paper roll wrappers
- 2 Limes
- 1 Avocado, sliced
- 1 Large Cucumber, Julienned
- 600 g Cooked & Seasoned sushi rice

## For serving

- Soy Sauce
- **Cape Herb and Spice Poké Spice**

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 30 mins | COOKING TIME: 0 mins**

Whisk the soy sauce, sesame oil, rice vinegar, ginger, chilli flakes and Cape Herb and Spice Poke Seasoning together.

Combine this dressing with the tuna and spring onions.

Mix gently to coat.

Mix the wasabi and mayonnaise together.

To assemble the summer rolls:

Dip the rice paper wrapper in water and remove the excess water with a clean dishcloth.

Place on a clean dry work surface.

Working on the bottom third of the rice paper wrapper, spread a bit of sushi rice and cucumber down. Swish the wasabi mayo over the sushi rice.

Top with the avocado & finally the tuna poke.

Give everything a little squeeze of fresh lime juice.

Fold up the sides and bottom edge to cover. Roll tightly.

Continue with remaining ingredients.

Slice the summer rolls in half.

Place on a platter with a dipping bowl of soy sauce.

Scatter them with extra Cape Herb and Spice Poke Seasoning and enjoy.

### **\*To make sushi rice:**

Rinse 2 cups of sushi rice in a mesh sieve under cold running water. Rinse well until water runs clear. Strain rice into a medium pot with 2 cups of clean cold water.

Leave rice to soak for 30 minutes.

Bring rice to a boil and immediately turn heat to as low as it can go, and cover.

Cook for 10 minutes.

Switch off the heat and leave covered for 15 minutes.

In a small saucepan, dissolve 2 Tbsp sugar, 1 tsp salt and ½ cup rice vinegar over low heat. Pour over the rice and mix gently with a wooden spoon.

Spread out onto a baking tray to cool.

This recipe makes 6 cups of sushi rice.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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