

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 Poké 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 Poké 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://mail.capeherb.co.za>

Metric

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**

Number of servings : 8

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://mail.capeherb.co.za>