



**Recipe of the  
Month  
May 2026**

**Vegetable Sushi**

**Ingredients**

- \* Sushi rice
- \* Rice Vinegar
- \* Cucumber
- \* Pepper
- \* Seaweed



**Method**

Get an adult to boil the rice. Once cooled add 2 tbsps. of Rice Vinegar and stir

Prepare your vegetables by cutting into strips using a knife.

Lay a sheet of seaweed onto your sushi mat. Spoon on a few spoons of rice, using the back of a spoon to flatten out.

Add the vegetables of your choice and using the sushi mat, roll into a sushi roll (as shown in the picture above)

Ask an adult to cut the sushi using a sharp knife

Dip in soy sauce and enjoy!!

We would love the children to take part in a simple cooking activity at home. Cooking is a great way for children to develop important skills such as communication, fine motor skills, early maths and independence.

We would love if you share your photos with us on Tapestry!