



Sparkle Kitchen

Nori Hand Rolls

Ingredients

One package pre-toasted nori sheets (about 10 sheets)

1 cup hummus

2 cups pre-cooked quinoa

1 cucumber, cut into matchsticks

3-4 carrots, cut into matchsticks

1 cup sprouts or micro-greens

3 eggs, scrambled and cut into thin strips

1/3 cup sesame seeds, for serving

soy sauce, for serving

Directions

Cut all of the nori sheets in half, so that each square becomes two triangles. Prepare your workspace with a small bowl of water to dip your fingers into

Then, working with one triangle of nori at a time, slather a thin line of hummus just to the left or right of the center of the triangle. Layer the rest of the ingredients—a little quinoa, a few cucumber and carrot matchsticks, a few egg strips, a pinch of sprouts—being careful to resist the temptation to overstuff the roll.

Working from the side your ingredients are on, roll the nori into a cone shape and use your dampened fingers to help seal the final edge of the cone to itself.

Continue in this manner until you have enough rolls to feed your crew, then serve them up immediately with a sprinkle of sesame seeds and a dash of soy sauce.

Enjoy!