

NORI WRAPS



CANADA AGRICULTURE AND FOOD
MUSEUM – MUSÉE DE L'AGRICULTURE
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These healthy wraps are as tasty as they are versatile. Putting them together is easy, fast and part of the fun!

Ingredients

- 4 nori sheets
- 1 cucumber, thinly sliced
- 1 red pepper, thinly sliced
- 1 avocado, thinly sliced
- Half a carrot, thinly sliced
- 2 eggs, fried or boiled and sliced
- Cream cheese, enough for every sheet
- Sesame seeds (optional)

Other options:

Cooked rice, tofu, tuna, mango, mayonnaise with sriracha sauce, soy sauce, etc.

Preparation

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1. Decide what ingredients you want and set them out on small plates.
2. Place your nori sheet on a cutting board.
3. Using kitchen scissors, cut a slit halfway down the middle of the sheet. Position the nori sheet so that the slit is facing you.
4. If using cream cheese, spread it on the bottom-left side of the sheet. -Sprinkle with sesame seeds.
5. Place the three remaining ingredients of your choice (such as cucumbers, avocado and egg) on the top-left side, top-right side and bottom-right side.
6. Now it's time to fold your nori sheet. Start at the bottom-left corner and fold over the top-left corner. Now fold the top-left corner over to the right top corner.
7. Then fold one more time down to the bottom-right corner, making a square-shaped nori wrap.
8. Continue making more wraps the same way and adding your preferred veggies on each quarter.
9. Enjoy your wrap as is or make a spicy dip; mixing mayonnaise and siracha sauce. Or, dip your wrap in soy sauce for extra flavour. Enjoy!

