

## Bio-Oz Sushi (Gluten free)

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### Ingredients

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1 cup Bio-Oz buckwheat kernels  
Water  
Seaweed paper  
1 tbsp Sushi vinegar  
Preferred fillings  
e.g. tuna, mayonnaise, cucumber, teriyaki  
chicken, avocado  
Soy sauce (gluten free)  
Wasabi

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### Instructions

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#### Cook Buckwheat Kernels

Dry roast Bio-Oz Buckwheat Kernels in a frying pan (stirring constantly) or on a baking tray in an oven heated to 160C. Roast for roughly 5-10 minutes or until light brown in colour and fragrant. Take off the heat before desired colour as the grains continue to darken until they are cool.

Boil roasted buckwheat kernels by covering with approx. 5mm water and boil for 5 minutes or until the buckwheat becomes tender. Drain excess water.

Add 1 tbsp of sushi vinegar to cooked buckwheat kernels, allow to cool.

#### Assemble Sushi rolls

Thinly spread buckwheat from the edge of the seaweed paper for about 5cm. Add fillings in a line along the middle of the spread buckwheat. Gently pick up the edge of the seaweed paper and roll it over itself to form a roll. Dab water along the other edge to form a glue and stick edge to the rest of the roll. Cut in pieces with a sharp knife.

Dip in soy sauce and wasabi if preferred.

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