



Egg & vegetable roll

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 egg, yolk and white separated
- 1/4 of onion, cubed
- 1/3 cup of spinach, washed and drained, cut into 1 inch sections
- 1/4 cup of grated carrot
- 1 teaspoon of oil
- 1 sheet of nori

Instructions

1. Cut nori in half.
2. Heat oil, fry carrot, about 1 minute, whisk yolk with 1 teaspoon of water, pour in, fry like an omellet.
3. When done, remove and arrange on one piece of nori.
4. Fry onion, add spinach, whisk egg white, pour in, remove from pan and arrange on the top of remaining nori.
5. Place yolk on nori at the top of white omellet.
6. Roll using sushi mat.
7. Cut into 1,5 cm thick sections.
8. Serve.