

Sushi Egg Roll



Preparation time: 20 mins

Serves: 2 people

User Rating: ★★★★★

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What can you put in a sushi roll to make it really delicious? Chef Adrian Richardson reckons it's eggs! Try his famous, easy & delicious sushi egg roll which is perfect for lunch or dinner.

You can join chef Adrian Richardson and Dr Preeya Alexander on [Good Chef Bad Chef](#) weekdays at 4pm on Network Ten, as they cook up a storm – sometimes healthy, sometimes comforting, always delicious.



Ingredients

- 6 eggs
- 1 tbsp soy sauce
- 1 tbsp mirin
- 2 sheets of nori seaweed
- 1 x 95g can of tuna
- 2 tbsp kewpie

- 1 cup cooked sushi rice
- 2 tbsp fried shallots
- 1 tbsp extra virgin olive oil

Method

1. Beat eggs in a bowl with mirin and soy sauce.
2. Heat a large frypan over medium heat, add a drizzle of olive oil, and wipe off excess with a paper towel.
3. Add the egg mixture to the pan, and allow to set slightly. Gently fold half the egg mixture onto itself, and gently move the uncooked egg into the part of the pan that's free. Fold again once set. Roll into itself again to create an egg roll. Remove from the pan to cool slightly.
4. Mix the tuna and kewpie mayonnaise together in a small bowl.
5. Add the sushi rice to the sheets of nori, halve the egg roll and then layer on top of the rice. Split the tuna mixture between the two sheets, and add the fried shallots on top.
6. Using a sushi mat (or a towel with cling film) roll to resemble a large sushi roll.
7. Serve with more kewpie and soy sauce.

Notes

As featured on [Good Chef Bad Chef](#) with Adrian Richardson and Dr Preeya Alexander.

