

## B12 Hand Rolls with Sepi Sauce



Serves 4 people

## Ingredients

- 1-8 oz pack **tempeh** or 8 oz sushi grade **salmon**.
- 1 large carrot, julliene (chopped into matchsticks).
- 1 cucumber, julliene
- ½ cup **shiitake mushrooms**, sliced ¼ inch thick
- 1 handful sprout of choice (bean is great)
- 1 avocado, sliced
- 1 handful cilantro
- 2 inches ginger, julliene
- 8 sheets of **nori** (seaweed paper)
- ½ cup rice vinegar (optional)
- ¼ cup toasted sesame oil (optional)
- Salt to taste

## Sepi Sauce

- 1 cup cashews
- ¼ cup fresh lime juice
- ¼ cup **nutritional yeast**
- 2 tbsp veganaise or mayo
- 1 clove garlic
- 1 tbsp sambol
- 2 tbsp tamari or soy sauce
- ½ tsp wasabi powder
- Water (if needed)

## Preparation

1. Place all the ingredients for Sepi Sauce in a blender except for the water, blend, add

water as you go to achieve a creamy consistency. Adjust seasoning to taste. Option to soak the nuts in warm water for about an hour first, then drain for an easier blend.

2. Slice the tempeh or salmon into 1' x 4' strips.
3. Whisk together the rice vinegar, toasted sesame oil and salt in a bowl, remove  $\frac{1}{4}$  cup and drizzle this over the mushrooms with a pinch of salt, saute in a pan over medium heat till golden (5ish minutes), remove from heat and let cool.
4. To the first bowl, add the salmon or tempeh and marinate overnight or for 30 min in the refrigerator.
5. Cut the cucumber in half lengthwise and scoop out the seeds with a spoon, then cut into matchsticks, set aside.
6. Peel the carrot and ginger, cut into matchsticks, set aside.
7. Roughly chop the cilantro, set aside.
8. Cut the avocado in half lengthwise, remove the pit, peel the skin off then cut into strips.
9. ASSEMBLE: cut the nori sheet in half, place the shiny side down.
10. Place 2 strips of tempeh or salmon, and small amount of the cucumber, carrots, avocado, sprouts, cilantro and ginger to the left of the sheet, roll the bottom left edge of the nori to the top to form a cone, then keep rolling until the nori wraps all the way around itself.
11. Dip in Sepi Sauce, EAT!

## Info and Tips

A few key roles Vitamin B12 plays in the body are red blood cell formation (carriers of oxygen throughout your body), healthy nerves and DNA formation. B12 is mostly found in animal products, and so vegans must be more mindful of an adequate intake of this vitamin. **All ingredients highlighted in orange are sources of vitamin B12.**

Feel free to add whatever veggies you want to the rolls. Sardines are a great source of B12 and can be subbed in for the protein.

To make the recipe above, I recommend watching a YouTube video on how to roll hand rolls.