

**Raw Nori Rolls (with sweet & spicy sauce)**

Prep time:  15 mins/ Total time:  15 mins/ Serves: 4 people

**Ingredients:**

**For the rolls**:

* 2 nori sheets
* 1 cup cauliflower couscous
* 4 baby carrots, julienned
* ⅓ Red Pepper, julienned
* few matchsticks of cucumber
* ½ avocado, thinly sliced sticks

**For the sauce:**

* 2 TBSP tahini
* 2-3 drops sesame oil
* 1 TBSP soy sauce
* 1 fresh lime, juiced
* 1 Tsp honey (or maple syrup)
* 2 TBSP Pepper sauce (such as Nandos)

**Instructions:**

1. Prepare the cauliflower couscous and set aside. Grate cauliflower.
2. Cut carrots, red pepper, and cucumber in stripes (julienned).
3. Slice avocado.
4. Prepare the sauce by adding all the ingredients, Tahini (2 TBSP), sesame oil (2-3 drops), soy sauce (1 TBSP), lime juice (2 TBSP), honey/maple syrup (1 tsp), add pepper flakes (1 TBSP) bowl and whisking until you get a creamy, smooth consistency.
5. To make the nori rolls, cover a bamboo rolling mat with cling wrap. It will make rolling easier.
6. Place a sheet of nori on the rolling mat, shiny side down.
7. Spread ½ cup of cauliflower couscous evenly over the nori sheet, leaving a 2cm strip uncovered along the edge farthest from you.
8. Arrange half the carrot strips long the center of the couscous, top with red pepper and cucumber strips, and finally half the avocado slices.
9. Keep your fingers on the filling to hold it in place and gently begin rolling by lifting the edge closest to you. Gently press as you’re rolling to get a firm roll.
10. Cut your roll in half, then each half in two.
11. Repeat with the second nori sheet.
12. Serve with sweet-spicy sauce.

**Chipolte Bean Burgers**

**Ingredients:**

1 tsp coconut oil (or virgin olive oil)

3 green onions

1 package of cremini mushrooms, finely chopped

1 can of organic, mixed beans (drained)

1/2 cup rolled oats

1 TBSP cumin

2 TBSP pumpkin seeds

2 TBSP of tomato paste

2 TBSP of fresh cilantro (or parsley), chopped

**Garnish For Burger:**

Chipolte -lime aioli (See directions below)

1 tomato slice

1 avocado slice

1 handlful of baby arugula

4 fresh mini whole-wheat or multigrain buns/kaiser rolls

**Directions:**

1. Wash and chop mushrooms.

2. Heat oil (1 TBSP) in a nonstick pan over medium heat.

3. Add mushrooms. Saute until moisture is released.

4. Transfer mixture to a large bowl and add beans (1 can) to the mushroom mixture. Mash with a potato masher.

6. Add rolled oats (1/2 cup), tomato paste (2 TBSP), pumpkin seeds (2 TBSP), 3 green onions, cumin (1TBSP) and chopped cilantro (2 TBSP).

7. Mix, shape and cook on a grill or in a pan. Garnish with tomato, avocado, arugula and aioli.

**Chipolte-Lime Aioli**

**Ingredients:**

2 Garlic cloves, pressed

1 tsp olive oil

1/2 cup Veganese Mayo

½ fresh lime juice

Chipolte pepper sauce such as Nandos (2 TBSP)