



Makes 4 rolls
Preparation Time: 45 minutes

INGREDIENTS:

2 cups low-sodium vegetable broth

¼ cup brown rice vinegar

3 tablespoons pure maple syrup

1½ teaspoon arrowroot powder

¼ teaspoon sea salt (optional)

1 cup dry whole wheat Moroccan couscous

4 toasted nori sheets

1 Persian cucumber, seeded and cut into sixteen 4×¼-inch strips

½ cup shredded red cabbage

2 cups fresh spinach

2 tablespoons tahini

1 tablespoon reduced-sodium tamari

Mediterranean Sushi Rolls with Tahini-Tamari Dipping Sauce

This fresh, colorful spin on [sushi](#) swaps traditional rice for Moroccan [couscous](#), giving the rolls a light, fluffy texture that pairs beautifully with crisp vegetables. Soak dry couscous in hot vegetable broth with a splash of vinegar for extra flavor. While it steeps, slice your veggies and whisk together tahini, tamari, and a little water for a simple dipping sauce. Then you're ready to roll—the sushi, that is!

Tips

Serve smart: For the freshest flavor, slice the sushi rolls just before serving.

New to rolling sushi? Check out our guide on [How to Make Vegan Sushi at Home](#), which includes how to set up a sushi rolling station. Sushi may feel a little fiddly the first time, but once you get the hang of it, they come together quickly and make an impressive, nourishing meal.

For more inspiration, check out these tasty ideas:

- [Spicy Tomato Sushi Rolls](#)
- [Southwest Rice Rolls](#)
- [Zucchini-Bulgur Sushi Rolls](#)
- Or check out our collection of [vegan sushi recipes](#).

By Darshana Thacker Wendel

- 1 In a small saucepan bring vegetable broth to boiling. In a small bowl whisk together vinegar, maple syrup, arrowroot powder, and, if desired, salt. Remove vegetable broth from heat. Add vinegar mixture and couscous. Cover pan and let stand at least 15 minutes.
- 2 Prepare a sushi rolling station to assemble rolls. Lay sushi mat on cutting board; place a nori sheet lengthwise on mat. Spoon ⅔ cup of the couscous onto nori. Using your fingers, press couscous into an even layer, leaving a 1-inch border on the top and bottom edges of nori. Arrange one-fourth of the cucumber, red cabbage, and spinach over couscous.
- 3 Lift bottom edge of the mat and roll nori sheet over vegetables, making sure to tuck the veggies under as you roll so they are not pushed out the top. Roll to top and seal by pressing nori edge into roll. If needed, brush edge with water to seal.
- 4 Dip a long, sharp knife in water, then cut roll in half. Cut each piece in half again, and then again to make eight pieces.
- 5 Repeat Steps 2 through 4 to make and cut three more rolls.
- 6 For sauce, in a small bowl whisk together ¼ cup water, the tahini, and tamari. Serve with sushi rolls.