Nori Wraps

SERVES 2

Ingredients

Nori sheets contain fibre, protein and have more calcium and iron than dairy. Here is one of my favourites. My nori Rolls are quick, easy and a healthy lunchtime option.

Instructions

These ones I made with spiced chicken, capsicum, avocado, red onion and spinach leaves, but you can use leftovers or whatever you have available in the fridge to make up these delicious and nutritious rolls.

Serve with tamari on the side