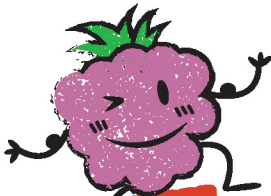




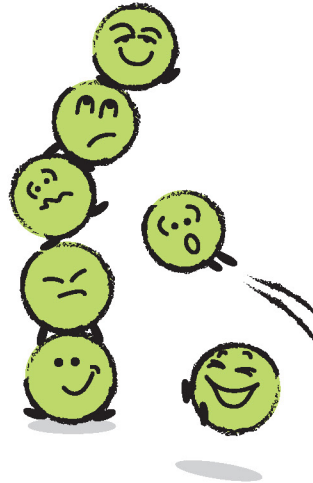
*Holiday Inn*



FOOD



ART



with  
*leesamantha*

Kids stay & eat  
**FREE**

Holiday Inn is on a mission to make food both fun and nutritious so we created these how-to guides to encourage parents and kids to be creative with food. Your kids can also enjoy our delicious new Kids Menu at Holiday Inn Hotels & Resorts around Asia, Middle East and Africa, designed in partnership with Nutrition Australia, so you can rest assured that your kids are eating well when you stay with us.

# ROLY-POLY PANDAS

(SUSHI ROLLS)



**Difficulty level:**  
Sushi master

## INGREDIENTS

### For the sushi roll

- Sushi rolls (made of sushi rice, rice vinegar, nori sheets, mayonnaise, cucumber, avocado and poached chicken)

### The sun

- Carrot

### Colourful forest

- Cucumber, thinly sliced
- Capsicum red, thinly sliced
- Capsicum yellow, thinly sliced

### Presented at the side

- Low sodium soy sauce



Original Recipes Created in Partnership with Nutrition Australia.  
[www.nutritionaustralia.org](http://www.nutritionaustralia.org)

*Kids should be fully supervised by an adult at all times in the kitchen and should never handle anything hot or use any sharp instruments.*

Find more exciting dishes on our Kids Eat Free menu at all Holiday Inn® Hotels and Resorts: [www.holidayinn.com](http://www.holidayinn.com)

## STEP 1

Place thin cucumber slices at the bottom of the plate to create the forest for the panda family.



## STEP 2

Carefully cut a carrot sun - complete with rays - and let it shine brightly at the top left corner of the plate.



Using pre-prepared sushi rolls, cut into 2-2.5 cm pieces as the base to start creating the panda faces.

Arrange your pandas however you like - in a line, a group or in each corner of their cucumber forest.

## STEP 3

Give your tiny pandas eyes, ears and a nose by arranging carefully cut small pieces of nori sheets on each. Maybe try giving each a different expression - happy, surprised, laughing - it's up to you!



## STEP 4

Finish your pandas' forest with long, thin slices of yellow and red capsicum and a small bowl of low sodium soy sauce!



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