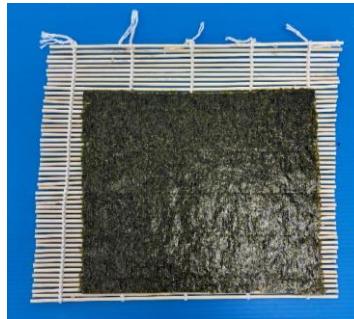


## ねぎとろ中巻き



### 作成手順

①



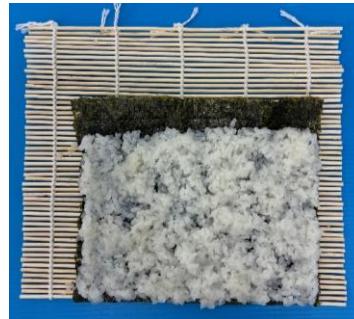
③



⑤



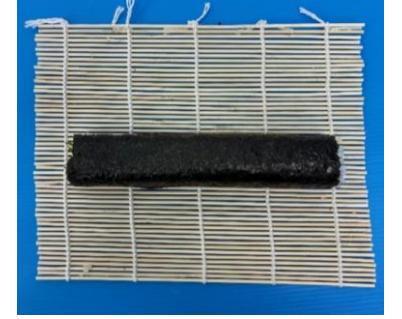
②



④



⑥



### 材料

ネギトロチューブMH300…50g

酢飯…140g

中巻き海苔…1枚

ネギ…3g