

Sushi Balls



✂ Serves: 16 (Approx 35g)



Prep Time: 30 min



Difficulty: Medium

These balls are a quick and simple take on traditional sushi. They are full of flavour and a great addition to school lunchboxes or canteen menu.



Ingredients

- 250g packet cooked white, brown or sushi rice
- 2 tablespoons Japanese rice wine vinegar
- ½ teaspoon wasabi paste (optional)
- ¼ cup reduced fat mayonnaise
- 185g tin tuna in springwater, drained
- 1 ½ nori sheets, crushed into small flakes
- 2 tablespoons sesame seeds

Dipping sauce

- 2 tablespoons sweet chilli sauce
- 1 tablespoon Japanese rice wine vinegar
- 1 teaspoon salt reduced soy sauce
- 1 tablespoon canola oil

Method

1. Heat rice according to instructions on packet, pour rice wine vinegar over rice, leave to cool and absorb vinegar.
2. Combine wasabi and mayonnaise in a medium-sized bowl, mix well. Add tuna, crushed nori and rice, combine well.
3. With wet hands, roll tablespoons of mixture into small balls, roll balls lightly in sesame seeds.
4. To make dipping sauce, combine ingredients in a small jar and shake well to combine.
5. Serve balls with an Asian inspired slaw or salad and small container of dipping sauce.