

Recipe: Tuna Onigiri

Main dish

A simple and delicious mixed brown rice ball filled with tuna and vegetables to whet up your appetite and fuel your energy level.

Preparation time: 30 minutes
 Cooking time: 30 minutes
 Serves: 16 children

Ingredients (Mixed brown rice):

- 1500g white rice, cooked
- 450g mixed red & brown rice, cooked
- 1 teaspoon salt

Ingredients (Filling):

- 250g carrot, shredded
- 250g Japanese cucumber, shredded
- 50g of reduced fat mayonnaise
- 125g drained weight of canned tuna* (canned in water)



* Choose products with the Healthier Choice Symbol

Methods

1. Mix cooked rice with salt.
2. Mix all the filling ingredients together.
3. Place 60g of cooked mixed rice on top of Cling Wrap.
4. Make a well in the middle of the rice and carefully place 40g of the filling in the centre.
5. Tightly roll the rice, wrapping the filling in the middle, and push the rice roll into an egg-shape, about 6 cm in length.

Tip:

- *This item can be made in triangular or square shapes to have varieties if served at a children’s party.*
- *For an adult version, cook the rice in hot water steeped with green tea for an umami kick.*

Nutrition Information
(Per serving): 100 g
 Energy 176 kcal
 Protein 5.5 g
 Total fat 2.3 g
 Saturated fat 0.4 g
 Carbohydrates 33 g
 Dietary fibre 0.7 g
 Sodium 251 mg

Cost Per Serving: \$ 0.70