

# YAKI ONIGIRI (RICE BALLS)

# SERVES 2 OR 4 TIME: 35 MIN CALORIES: 960/SERVING



Yaki onigiri is a Japanese dish made from fried sticky rice. These rice balls are served over a shredded veggie salad with a rice vinegar and chili oil dressing, making a unique and colourful meal!

#### WHAT YOU'LL NEED

- Pot - Large pan - Oil



WHAT'S INSIDE	2 servings	4 servings
Carrot	1	2
Red cabbage	1/8 head	1/4 head
Baby cucumber	1	2
Sushi rice	2 cups	4 cups
Sesame dressing	2 tbsp	4 tbsp
Sesame seeds	2 tsp	4 tsp
Green onions	2	4
Nori sheet	1	2
Hoisin sauce	2 tbsp	4 tbsp

## **Nutrition Facts** Valeur nutritive

Per Serving (386 g) pour 1 (386 g) Calories 960 % Daily Value\* % valeur quotidienne\* Fat / Lipides 19 g Saturated / saturés 3.0 g + Trans / trans 0.1 g Carbohydrate / Glucides 177 g Fibre / Fibres 9 g Sugars / Sucres 12 g Protein / Protéines 16 g Cholesterol / Cholestérol 0 ma Sodium 300 mg Potassium 500 mg

\*5% or less is a little 15% or more is a lot

\*5% ou moins c'est peu 15% ou plus c'est beaucoup

Calcium 75 mg

Iron / Fer 9.5 mg



25 %

16 %

32 %

12 %

0%

13 %

11 %

6%

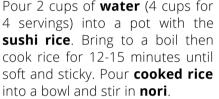
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### **OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!**



Prep the ingredients: cut the carrot and cucumber into matchsticks, thinly slice green shred cabbage, and onions. crush **nori sheet** into flakes.







Heat 2 tbsp of **oil** in a large pan over low-medium heat. Once rice has cooled enough to handle, wet your hands (to avoid sticking) and use them to form the **rice** into small balls or patties. Carefully place rice balls into the hot pan and fry for 5 minutes per side or until brown and crispy. Remove from pan and let cool.

For 4 servings, you may have to do this in 2 batches depending on the size of your pan. If so, replenish oil as needed.

In a bowl, mix together **dressing**, carrot, cucumber, and cabbage. Divide between plates then top with crispy rice balls, sesame seeds, green onions, and a drizzle of hoisin sauce

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