



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



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

| 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 |



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



Pour 2 cups of **water** (4 cups for 4 servings) into a pot with the **sushi rice**. Bring to a boil then cook rice for 12-15 minutes until soft and sticky. Pour **cooked rice** into a bowl and stir in **nori**.



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**.

| Nutrition Facts | |
|---|------------------------------|
| Valeur nutritive | |
| Per Serving (386 g) | |
| pour 1 (386 g) | |
| Calories 960 | % Daily Value* |
| | % valeur quotidienne* |
| Fat / Lipides 19 g | 25 % |
| Saturated / saturés 3.0 g | |
| + Trans / trans 0.1 g | 16 % |
| Carbohydrate / Glucides 177 g | |
| Fibre / Fibres 9 g | 32 % |
| Sugars / Sucres 12 g | 12 % |
| Protein / Protéines 16 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium 300 mg | 13 % |
| Potassium 500 mg | 11 % |
| Calcium 75 mg | 6 % |
| Iron / Fer 9.5 mg | 53 % |
| *5% or less is a little 15% or more is a lot | |
| *5% ou moins c'est peu 15% ou plus c'est beaucoup | |