

ONIGIRI (RICE BALLS)

RECIPE BY CLEAN PLATE

MAKES 4- 6 DEPENDING ON MOULD SIZE



INGREDIENTS

1 cup Sushi rice, cooked as per packet instructions

Your fillings of choice (e.g. shredded meat/ fish; mashed avocado; diced cucumber and capsicums, etc)



Your toppings of choice (toasted sesame seeds, seaweed flakes, etc) – optional

Soy sauce, Japanese Mayo or dipping sauce of choice – optional

You'll need: Onigiri moulds and cooking oil for greasing moulds

METHOD

1. Start by preparing all your ingredients and having them ready to go.
2. Lightly grease moulds with cooking oil to prevent rice sticking.
3. Add the bottom layer of sushi rice, using a teaspoon to press it down and make it level.
4. Add your filling of choice, again using the teaspoon to spread it and cover the rice all the way to the sides of the mould.
5. Cover filling with a top layer of sushi rice, pressing to flatten. Cover moulds. (At this point Onigiri could be refrigerate for a couple of hours or overnight (if preparing for lunchboxes, for example).
6. Remove rice cakes from moulds. Placing on baking paper will prevent sticking and can also be used as a wrapper.
7. Sprinkle toasted sesame seeds on top, if using.
8. Onigiri are now ready to serve. You may like to add some soy sauce, Japanese Mayo or your choice of dipping sauce on the side.



To make it **Gluten Free:** Use gluten free soy sauce