

Sushi balls

Recipe adapted from www.healthyfood.com

Traffic light category: **Green**

Serves: approx 16 x 35g balls

Ingredients - sushi balls

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

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 a salad and small container of dipping sauce.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	276kJ	750kJ
Protein	3.8g	10.8g
Total fat	2.0g	5.6g
Saturated fat	0.3g	0.9g
Carbohydrate	7.8g	21.7g
Sugars	2.0g	5.8g
Dietary fibre	0.3g	0.9g
Sodium	96.2mg	268.9mg

- Use pre cooked packet rice for this speedy recipe
- Serve a few balls with a crunchy Asian inspired coleslaw or salad

Ingredients - dipping sauce

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



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