JAPANESE · LUNCH · SNACK

Salmon Onigiri (Japanese Rice Balls)

30 min · Serves 3 · 235 kcal a serve · Video 3:54 · Sudachi

Pescatarian · No nuts listed

A light, portable lunch at about 235 kcal for two rice balls: the salmon, cooked in just a teaspoon of butter, gives 40% of a day's omega-3 and plenty of vitamin B12 per serve.

Diet notes: Low saturated fat (1.8 g, 7% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce.

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Ingredients 7 · SERVES 3

- [ ] 1 tsp **unsalted butter**
- [ ] 100 g **salmon fillet**, skin and bones removed
- [ ] 1 tbsp **soy sauce**
- [ ] 350 g cooked **Japanese short-grain rice** (1 rice cooker cup before cooking)
- [ ] ½ tbsp **white sesame seeds**
- [ ] 2 tbsp finely chopped **green onion**
- [ ] 4 **strips sushi nori**

Allergens found in the listed ingredients: Gluten, Fish, Milk, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Melt the butter in a frying pan over medium heat and cook the salmon a couple of minutes on each side until cooked through. 0:07
2. Break the salmon into flakes with a spatula, as fine or chunky as you like. Add the soy sauce and keep cooking until it has been absorbed and the pan is dry. 0:34
3. Tip the salmon into a bowl with the warm rice, sesame seeds and green onion. Fold together with a cutting motion so you don't crush the grains. 1:13
4. Wet your hands with cold water, take a portion of rice and gently press and turn it into a triangle (or pack it into an onigiri mould). Divide the rice first if you want even balls. 2:16
5. Wrap each rice ball with a strip of nori and serve, or wrap in cling film for a lunch box. 2:45

> **Tip** Makes 6 rice balls; a serve is 2 (our estimate). Short-grain rice is needed so they hold together. Brown short-grain rice works for extra fibre. Eat within a day.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
235 kcal	10 g	34 g	1.1 g	5.9 g	320 mg
980 kJ	20% of a day	33 g net · 0.2 g sugars	4% of a day	1.8 g saturated	14% of a day
		12% of a day		8% of a day	

Energy from net carbs 58% · protein 18% · fat 24%

High in (20%+ of a day) Vitamin B12 44% · Omega-3 40% · Selenium 38%

Source of (10–19%) Vitamin D 15% · Vitamin B6 15%

Recipe and video: Sudachi (@SudachiRecipes) on YouTube — youtube.com/watch?v=xNjaodnSMuk, published 17 March 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/salmon-onigiri-butter-soy