

## Seriously Sushi Balls

**GREEN ACT/SA / Everyday NSW**

**Serving size:** makes 5 serves (2 sushi balls per serve)

### Ingredients:

- 2 ½ cups, Sushi rice, cooked and cooled
- ½ cup, cooked chicken breast, shredded
- ¼ cup cucumber skin, finely chopped,
- ¼ cup carrot, grated
- 2 sheets Nori sheets, cut into 1cm sized pieces
- 1 tablespoon light Soy sauce, salt-reduced
- Black sesame seeds to garnish

### Method:

1. Combine all ingredients except the sesame seeds in a bowl and mix.
2. Scoop 2 tablespoons of mixture into hands and shape into a ball.
3. Pour sesame seeds onto a plate. Then, roll sushi balls in the sesame seeds to coat.
4. Chill for 1 hour or until firm.

### Tips:

- To prevent rice sticking to your gloves, first rinse hands with cold water.
- For best results, use cold sushi rice. Warm rice will also work if you are short on time.
- Use scissors to cut the Nori sheets into small pieces.
- Serve in cupcake cups to avoid sticky fingers

### Variations:

- Alternate fillings could include: teriyaki chicken, smoked salmon, avocado, finely chopped capsicum, or red cabbage.
- Maybe suggest do half the batch without sesame seeds –there may be some kids who have an allergy to sesame seeds

Recipe tested August 2019

### Nutrition information:

	Per serve (122g)	Per 100g
Energy (kJ)	745	611
Protein (g)	7.7	6.3
Fat – total (g)	2.8	2.3
Fat – saturated (g)	0.55	0.45
Carbohydrates – total (g)	29.4	24.1
Carbohydrates – sugar (g)	4.9	4

<b>Sodium (mg)</b>	171	140
<b>Fibre (g)</b>	1.2	1