



Traffic light category: **Green** Serves: 16 balls

## Ingredients

- 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

### Dipping sauce

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

## 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.

**Top tip: For a quick prep - use pre cooked packet rice for this recipe**

*Recipe adapted with permission from the Western Australian School Canteen Association Inc.*

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