

Japanese Tuna Nigiri Sushi

Total time **30 mins** **30 mins** preparation time

Nutritional facts (per portion):

1,228 kJ / 293 kcal

INGREDIENTS

4 portion(s)

- 210 g** cooked and seasoned
 sushi rice
- 90 g** lean tuna, sliced into 6
 even pieces
- 90 g** fatty tuna, sliced into 6
 even pieces
- Wasabi

For dipping:

Kikkoman Naturally
Brewed Soy Sauce

PREPARATION

Step 1

Using your right hand (or your left hand if you are left handed) pick up approx. 16-18 g sushi rice and create a roll with your fingers and the palm of your hand. Put a piece of fish between the thumb and forefinger of the other hand and spread a little wasabi at the centre. Then press the rice onto the piece of fish, turn it over and press the fish firmly onto the rice. Repeat several times until the fish and rice are well bonded.