

# Rice-roll burger with tangy tuna

Total time **25 mins** 20 mins preparation time 5 mins cooking time

Nutritional facts (per portion):  
**4689 kJ / 1120 kcal**

Fat: **36.5 g** Protein: **87.1 g**  
Carbohydrates: **106.4 g**

## INGREDIENTS

2 portion(s)

<b>380 g</b>	cooked sushi rice
<b>2</b>	tuna steaks, about 200 g each
<b>4 tbsp</b>	Kikkoman Naturally Brewed Less Salt Soy Sauce
<b>2 tbsp</b>	Kikkoman Toasted Sesame Oil
<b>1 tbsp</b>	honey
<b>1 tbsp</b>	lemon juice
<b>1</b>	clove of garlic
<b>0.5 tsp</b>	pepper
<b>Sauce:</b>	
<b>2 tbsp</b>	mayonnaise
<b>0.5 tsp</b>	grated ginger
<b>2 tbsp</b>	lime juice
<b>0.5 tsp</b>	Kikkoman Naturally Brewed Less Salt Soy Sauce
<b>Additionally:</b>	
<b>2</b>	lettuce leaves
<b>2 tbsp</b>	black sesame seeds
<b>1 tbsp</b>	chopped spring onion
<b>1</b>	mango
<b>1</b>	cucumber

## PREPARATION

### Step 1

**380 g** cooked sushi rice

Line a round mould about 12 cm in diameter with cling film. Place  $\frac{1}{4}$  of the cooked sushi rice inside and press down firmly. Carefully remove it along with the cling film, wrap it and put aside. Make three more patties with the remaining rice and refrigerate for about 30 minutes.

Then fry each rice bun in a well-heated dry frying pan until golden brown on both sides.

### Step 2

**2** tuna steaks, about 200 g each - **4 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **2 tbsp** Kikkoman Toasted Sesame Oil - **1 tbsp** honey - **1 tbsp** lemon juice - **1** clove of garlic - **0.5 tsp** pepper

Pat dry the tuna. Mix the Kikkoman Less Salt Soy Sauce, Kikkoman Sesame Oil, honey, lemon juice, chopped clove of garlic and pepper. Marinate the steaks in the mixture for about 20 minutes, then take them out and grill them for 1-2 minutes on each side.

### Step 3

**2 tbsp** mayonnaise - **0.5 tsp** grated ginger - **2 tbsp** lime juice - **0.5 tsp** Kikkoman Naturally Brewed Less Salt Soy Sauce  
Mix the mayonnaise with the grated ginger, lime juice, and Kikkoman Less Salt Soy Sauce.

### Step 4

**2** lettuce leaves - **2 tbsp** black sesame seeds - **1 tbsp** chopped spring onion - **1** mango - **1**

cucumber

Spread the mayonnaise sauce on the bottom rice bun. Place the lettuce and tuna steak on top and sprinkle with sesame seeds and spring onion. Add thin slices of mango and cucumber. Cover with another rice bun and serve hot.