KIKKOMAN

Vegan onigirazu

Total time **60 mins** **25 mins** preparation time **25 mins** cooking time **10 mins** marinating time

Nutritional facts (per portion):
2,619 kJ / 625 kcal

Fat: **26 g** Protein: **16 g**
Carbohydrates: **81 g**

INGREDIENTS

2 portion(s)

150 g	short grain rice
210 ml	water
3 tbsp	Kikkoman Seasoning for Sushi Rice (125ml)
1 bunch	of spinach
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
2.5 tbsp	Kikkoman Toasted Sesame Oil
2 tsp	white sesame seeds
0.5	carrot
0.25	Chinese cabbage
2 tsp	salt
2 tsp	gochujang paste
1 tsp	Kikkoman Mirin-Style Sweet Seasoning
2 slices	of vegan cheese
2	nori sheets
2 tsp	mustard
2 tsp	soy milk yogurt

PREPARATION

Step 1

150 g short grain rice - **210 ml** water - **3 tbsp** Kikkoman Seasoning for Sushi Rice (125ml) - **1 bunch** of spinach - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** Kikkoman Toasted Sesame Oil - **1 tsp** white sesame seeds
Rinse the rice 3-4 times and drain in a colander, then place it with the water in a saucepan and soak for 20 minutes before cooking. Cook the rice and when it's still hot mix it with the Kikkoman Seasoning for Sushi Rice to make sushi rice.

Put the spinach into a saucepan of boiling water stem end first and cook for about 10 seconds. Cool in cold water, squeeze thoroughly and cut into quarters. Mix the Kikkoman Soy Sauce, Kikkoman Sesame Oil and white sesame seeds.

Step 2

0.5 carrot - **1 tbsp** Kikkoman Toasted Sesame Oil **1 tsp** white sesame seeds - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce
Cut the carrot into thin strips. Heat the Kikkoman Sesame Oil in a pan and fry the carrot strips over a low heat until soft. Add the Kikkoman Soy Sauce and white sesame seeds.

Step 3

0.25 Chinese cabbage - **2 tsp** salt - **2 tsp** gochujang paste - **0.5 tbsp** Kikkoman Toasted Sesame Oil **1 tsp** Kikkoman Mirin-Style Sweet Seasoning
Chop the Chinese cabbage into pieces, place in a bowl and rub with salt. After 10 minutes, rinse well with water and squeeze out thoroughly. Mix with

the gochujang paste, Kikkoman Sesame Oil, and Kikkoman Mirin-Style Sweet Seasoning.

Step 4

2 slices of vegan cheese - **2** nori sheets
Lay a sheet of cling film on your work surface. Place the nori sheet on it and cut in half. Place ¼ (ca. 60g) of the sushi rice on the top and bottom sections of the right-hand half, forming a square.

Place the cheese on the upper left side and add half of the Step 2 ingredients over it. Put half of the Step 1 spinach mixture on top of the sushi rice on the upper right side. Place half of the Step 3 mixture on top of the sushi rice on the lower right half.

Fold the nori sheet 3 times, starting from the bottom left, then wrap neatly in the cling film. Repeat the process for the second Onigirazu.

Step 5

1 tbsp Kikkoman Naturally Brewed Soy Sauce - **2 tsp** mustard - **2 tsp** soy milk yogurt
Once wrapped, cut the onigirazu in half while still inside the cling film. Then remove the cling film.

Mix the dipping sauce ingredients and serve.