

Spicy Tuna Sushi Stack with Wonton Crisps

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-wonton-recipe>

Ingredients:

- 12 ounces ahi tuna cut into 1/2 inch pieces
- 1 tablespoon soy sauce I used low sodium
- 1/2 teaspoon toasted sesame oil
- 1/2 teaspoon red chili Hot Oil, or 1 teas Sriracha sauce
- 2 tablespoons green onions just the greens sliced
- 1 cup rice
- 1 cup water
- 1 tablespoon rice vinegar
- 1/2 tablespoon sugar
- 1/2 tablespoon kosher salt
- 1 avocado smashed or diced
- 2 teaspoons lime juice
- 1 pinch sea salt
- 1 pinch red pepper flakes or cayenne pepper
- 1 mango diced into 1/4 -1/2 inch pieces
- 1/4 teaspoon cayenne pepper
- 3 tablespoons diced red onion
- 1 tablespoon cilantro diced
- 1 tablespoon lime juice
- 1 pinch sea salt
- 1/2 cup mayo
- 2 teaspoons Sriracha
- 2 teaspoons sweet chile sauce
- 1 pinch sea salt
- 3 tablespoons soy sauce
- 1/2 inch squirt 1 inch, from tube of prepared Wasabi, about 1/2 to 1 tsp
- 2 tablespoons toasted sesame seeds
- 1 sheet nori cut into small strips or Wakame, dried seaweed
- sliced green onions
- 1 package wontons
- 1/4 oil for frying

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 45 milligrams
4. Fat: 22 grams
5. Fiber: 6 grams
6. Protein: 25 grams
7. SaturatedFat: 3 grams
8. Sodium: 2350 milligrams
9. Sugar: 14 grams

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