

Japanese-style Bento Box

Yield: 1 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mackerel-fillet-recipe-japanese-sweet>

Ingredients:

- 7/8 cup edamame fresh, in the pods, or frozen soya beans
- fruit
- fresh pineapple
- blueberries
- 9/16 cup sushi rice
- 1 tablespoon rice vinegar
- 1/2 teaspoon golden caster sugar
- 1 sheet nori
- 1 mackerel fillet smoked, about 75g, flaked
- 1 tablespoon light mayonnaise
- 2 spring onion chopped Spring onion sp-ring un-yun Also known as scallions or green onions, spring onions are in fact very young onion...
- pea optional
- wasabi optional
- watercress optional
- 1/4 red pepper thinly sliced lengthways, about 6 slices