

Tuna and Kimchi Onigirazu aka Japanese Rice Sandwich

Yield: 6 min
Total Time: 50 min

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

Ingredients:

- 4 cups short grain rice cooked Japanese, from about 2 1/3 cups uncooked grains
- 6 sheets nori / Japanese roasted seaweed
- 5 cans tuna well drained
- 3 tablespoons Vegemise or mayonnaise
- 1/3 cup English cucumber or so, julienned
- 1 cup purple cabbage or so shredded
- 2 cups romaine lettuce or so shredded, or other leafy green of choice
- 1/2 cup kimchi Korean, give or take, drained
- roasted sesame seeds for sprinkling
- salt
- pepper

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 108 grams
3. Cholesterol: 30 milligrams
4. Fat: 5 grams
5. Fiber: 5 grams
6. Protein: 29 grams
7. SaturatedFat: 1 grams
8. Sodium: 190 milligrams
9. Sugar: 1 grams

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