



Love the taste every time.

Tomato & Onion Tuna Rice Balls

The protein in this tomato and onion tuna rice ball is a healthy way to curb hunger and keep you full. Make extra and save it in your fridge for tomorrow's lunch or snack! Get creative with your shapes and use nori to add some character for a kid friendly option.

Ingredients

Rice mixture:

- 1 cup cooked sushi rice
- 1 tsp sushi vinegar
- 1 tbsp white sesame seeds
- Rice seasoning (optional)

Filling:

- 1 can (85g) Clover Leaf® Flaked Light Tuna – Tomato & Onion
- 2 tbsp chopped cucumber
- 1 tbsp cooked spinach, diced



Preparation

Combine rice mixture ingredients. Split rice mixture into 3-4 parts and pat flat on plastic wrap. Toss together filling ingredients and place in centre of flattened rice. Using plastic wrap, shape rice roll into a ball and seal in tuna filling. Serves 3-4.

蕃茄洋蔥吞拿魚飯糰

這富含蛋白質的蕃茄洋蔥吞拿魚飯糰，健康之餘又飽肚。大可以多做些放在冰箱裡作小吃或明日午餐！發揮你的創意塑造不同形狀的飯糰，好吃又有趣，還可加添紫菜—小朋友的最愛！

材料

壽司飯材料：

- 1杯 熟日本壽司米飯
- 1茶匙 壽司醋
- 1湯匙 白芝麻
- 日式拌飯料 (可按個人口味隨意加入)

餡料：

- 1 罐 (85克) Clover Leaf® 蕃茄洋蔥風味淡吞拿魚
- 2 湯匙 青瓜粒
- 1 湯匙 切碎熟菠菜

做法

混合並拌勻壽司飯材料；把已拌勻的壽司飯材料均分成 3 - 4 等份，平鋪於保鮮膜上；拌勻餡料，並置於已鋪平的壽司飯中央；用保鮮膜包裹飯糰，然後捏緊成圓形即可。3 - 4 人份