

Hijiki Onigiri (Seaweed Rice Ball)

Featuring Hijiki

Make these fun and flavorful Japanese seaweed rice balls, perfect for packed lunches and meal prepping. Onigiris are traditionally enjoyed by all ages in Japan, especially for picnics and bento boxes. You can serve onigiri warm or at room temperature.

Ingredients:

1 1/2 cups white or brown short-grain rice, uncooked
6 3/4 cups water, divided
2 tablespoons dried hijiki
3 dried shiitake mushrooms
2 inches burdock root, julienned (optional)
1 medium carrot, julienned
1/2 cup edamame, frozen and thawed
1 teaspoon toasted white sesame seeds

Rice Sauce:

2 tablespoons soy sauce
2 tablespoons rice vinegar
1 1/2 teaspoons sugar
1/2 teaspoon salt

Instructions:

- 1 Rinse and soak rice in a bowl with 2 cups of water for 30 minutes. Drain the rice and set aside.
- 2 Soak dried hijiki in a separate large bowl with 2 cups of water for 30 minutes. Drain and set aside.
- 3 Soak dried shiitake mushrooms in a separate bowl in 1 cup of water for 30 minutes. Drain and reserve 1 cup for cooking. Slice shiitake mushrooms and set aside.
- 4 Soak the julienned burdock in 1 cup of water, if using. Drain and set aside.
- 5 Mix together the rice sauce ingredients in a bowl and set aside.
- 6 Cook the rice by adding the rice, rice sauce, 1 cup of shiitake water, and 3/4 cup water into a rice cooker or medium pot and stir well. Place hijiki, shiitake, carrot, and burdock, if using, on the rice, but do not stir. Cook rice per rice cooker instructions. If using a pot, bring mixture to a boil, cover, and reduce to low to simmer until tender.
- 7 Add edamame and sesame seeds to the cooked rice mixture, mixing with rice paddle or spatula. Allow to cool.
- 8 To make onigiri: Scoop 1/2 cup portion of the rice mixture to begin molding. Use wet clean hands to prevent sticking, and mold the rice with cupped hands into a rice ball form, which may be round or triangular. Repeat until you have finished about 8 rice balls.

Makes 8 servings

Prep Time: 30 min.

Cooking Time: 40 min.

Total Time: 70 min.

Recipe Author

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Notes:

- 1 To make this recipe gluten-free, use gluten-free soy sauce.
- 2 You may freeze extra rice balls in an airtight container to enjoy later.

Nutritional information (per serving):

220 calories, 1 g fat, 0 g saturated fat, 300 mg sodium, 45 g carbohydrate, 0 mg cholesterol, 2 g total sugar, 3 g fiber, 6 g protein