

Food Babe's Sushi Triangles (Onigiri)



Prep Time:	Cook Time:	Total Time:	Serves:
40 mins	0 mins	40 mins	8

<https://foodbabe.com/my-favorite-sandwich-onigiri>

Ingredients:

- 1 cup japanese short grain brown rice (also called haiga)
- 1 tablespoon rice wine vinegar
- 1 tablespoon mirin - japanese cooking wine (available in asian section of market)
- 1 tablespoon coconut sugar
- 2 tablespoons black sesame seeds, toasted
- 8 onigiri wrappers
- 1 onigiri mold

Filling:

- ½ cup cooked red kidney beans
- 2 carrots, finely chopped
- ½ fresh red pepper, finely chopped
- 1 avocado, diced
- 4 dill pickle slices, finely chopped

Instructions:

1. Rinse rice with filtered water, and cook to package instructions – note: Haiga rice only takes 15 minutes to cook.
2. While rice is cooking, combine vinegar, mirin and sugar in separate bowl.
3. Stir vinegar mixture in cooked rice.
4. Add sesame seeds and fluff rice.
5. Once rice has cooled, place $\frac{1}{4}$ cup rice in mold on top of seaweed wrap, press, add filling, and then another $\frac{1}{4}$ cup rice and press again tightly making a compact triangle.
6. Wrap according to Onigri wrap directions, following the numbers and seal with two stickers.

Notes:

- Lasts up to 3 days in fridge
- Please buy all organic ingredients if possible