

## Salmon and Rice Ball (Salmon Onigiri) (4 servings)

### Ingredients:

Cooked rice	2 medium sized bowls
Salmon	80g
Mixed vegetables	1/2cup
Seaweed (for sushi use)	1piece (Use scissors to cut it into different shapes)

### Seasoning:

Black pepper	1/2 tsp
Salt	1/4 tsp

### Methods:

- 1) Marinate salmon with black pepper and salt for 5-10 minutes.
- 2) Use hot water to boil the mixed vegetables, mix them with cooked rice.
- 3) Pan-fry salmon in small amount of oil until it changes to golden brown on both sides, grind it into minced salmon.
- 4) Mix the minced salmon with ingredient (2).
- 5) Put 1/2 bowl of ingredient (4) onto a piece of food wrap (1 feet x 1 feet), wrap and press it into "ball" shape.
- 6) Stick the seaweed on the rice and ready to serve.

### Dietitian's Tips:

- White rice can be replaced by red rice/brown rice so as to increase dietary fibre.
- Salmon contains omega-3 fatty acids, which is essential for blood vessels health.
- If salmon is not available, can choose tuna in brine.

### Other Tips:

Before food preparation, should wash hands with soap thoroughly at least 20 seconds to prevent food contamination. For the proper procedures of hand-washing, please browse the website of Centre for Health Protection: [www.chp.gov.hk](http://www.chp.gov.hk)

### Nutrient analysis (1 serving):

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Calcium (mg)
158.5	7.2	0.85	29.4	1.9	15.3

\*the above data is general information for reference.