



Tuna, Rice & Seaweed Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

- ½ cup jasmine rice (or japanese sticky rice) - 80g tuna in olive oil (about half a can) - nori seaweed - dried shiitake mushrooms - dashi/chicken/vegetable stock - black pepper to taste - ½ teaspoon sesame oil, or to taste - soy sauce to taste (optional)

Instructions

an easy to make (and eat!) tuna rice salad with a japanese twist. perfect for a light meal or snack, and great for a packed lunch. 1. soak the shiitake mushrooms for at least 10 minutes to soften them. cut them into slices. 2. wash & cook the rice, shiitake mushrooms, and seaweed in the dashi/stock. i usually just throw everything into the rice cooker, adjusting the amount of water/stock accordingly. 2. when the rice is done, heat the tuna chunks up. i use the microwave for this. season with black pepper. 3. flake tuna chunks into the rice/mushrooms/seaweed mix. give everything a good stir & add the sesame oil, adjusting for taste. more black pepper & possibly a few drops of soy sauce, as needed. more (dried) seaweed scattered over the top, as well, if desired. 4. devour. this tastes just as good cold, so it's great for a packed lunch as well. 5. variations: lightly scramble an egg, adding a little sugar/mirin, and add it in with the tuna for additional protein. for an unhealthy version, think furikake :)