

Rice burger revolution with tangy tuna

Total time **25 mins** 20 mins preparation time 5 mins cooking time

Nutritional facts (per portion):
4,689 kJ / 1,120 kcal

Fat: **36.5 g** Protein: **87.1 g**
Carbohydrates: **106.4 g**

INGREDIENTS

2 portion(s)

380 g	cooked sushi rice
2 tbsp	oil
2	tuna steaks, about 200 g each
4 tbsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
2 tbsp	<u>Kikkoman Toasted Sesame Oil</u>
1 tbsp	honey
1 tbsp	lemon juice
1	clove of garlic
0.5 tsp	pepper
Sauce:	
2 tbsp	mayonnaise
0.5 tsp	grated ginger
2 tbsp	lime juice
0.5 tsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
Additionally:	
2	lettuce leaves
2 tbsp	black sesame seeds
1 tbsp	chopped spring onion
1	mango
1	cucumber

PREPARATION

Step 1

380 g cooked sushi rice - **2 tbsp** oil

Line a round mould with cling film, about 12 cm in diameter. Place $\frac{1}{4}$ of the cooked sushi rice inside and press down firmly. Carefully remove it along with the cling film, wrap it and put aside. Make three more patties with the remaining rice and refrigerate for about 30 minutes.

Then fry each rice bun in a well-heated dry frying pan until golden brown on both sides.

Step 2

2 tuna steaks, about 200 g each - **4 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **2 tbsp** Kikkoman Toasted Sesame Oil - **1 tbsp** honey - **1 tbsp** lemon juice - **1** clove of garlic - **0.5 tsp** pepper

Wash and dry the tuna. Mix the Kikkoman Less Salt Soy Sauce, Kikkoman Sesame Oil, honey, lemon juice, chopped clove of garlic and pepper. Marinate the steaks in the mixture for about 20 minutes, then take them out and grill them for 1-2 minutes on each side. Save some of the marinade for later.

Step 3

2 tbsp mayonnaise - **0.5 tsp** grated ginger - **2 tbsp** lime juice - **0.5 tsp** Kikkoman Naturally Brewed Less Salt Soy Sauce

Mix the mayonnaise with the grated ginger, lime juice, and Kikkoman Less Salt Soy Sauce.

Step 4

2 lettuce leaves - **2 tbsp** black sesame seeds - **1 tbsp** chopped spring onion - **1** mango - **1**

cucumber

Spread the mayonnaise sauce on the rice bun.
Place the lettuce and tuna steak on top, drizzle
with a spoonful of the remaining marinade and
sprinkle with sesame seeds and spring onion.
Cover with another rice bun and serve hot.