

EST. 2017

nella phat

VEGAN

# JACKFRUIT ONIGIRAZU

## INGREDIENTS

- ◆ Nori Sheets (4-5)
- ◆ 2 cups Sushi Rice
- ◆ 2 1/2 cups Water
- ◆ 1 can Young Jackfruit (550ml)
- ◆ Greens
- ◆ 1-2 Tbs Vegenaise
- ◆ 1-2 tsp Sriracha
- ◆ 1 tsp Tamari
- ◆ Furikake

↪ Greens use: Avocado, cucumber or sprouts

↪ Optional: Black Sesame Seeds

SERVINGS

2-4

PREP TIME

20 MIN

COOK TIME

15 MIN

TOTAL TIME

35 MIN



Do you love sushi and sandwiches? Now you can get the both of both worlds with this onigirazu AKA sushi sandwich recipe! I'm so glad I stumbled upon onigirazus because they are delicious. Easier to make than a sushi burrito and perfect for on the go meals. We love to take them on hikes, beach trips and even roadtrips! This recipe uses Jackfruit to make the perfect California style crab mix. For a California onigirazu use avocado as the greens. This recipe will yield about 4 to 5 depending on how much rice & jackfruit mix you use for each.

**DIRECTIONS** (Watch our demo video: <https://youtu.be/eUDfsCFYr4A>)

- 1) Cook sushi rice for 15 min
- 2) While the rice cooks prepare the jackfruit
- 3) Rinse the jackfruit with water to remove brine flavor
- 4) Cut and discard the hard core of the jackfruit and place the rest in a bowl
- 5) Now break the jackfruit into shreds. I find it easier to use your fingers than a fork
- 6) Remove and discard the seeds
- 7) Add the vegenaise, sriracha and tamari, mix well

8) Lay nori sheet down like a diamond add a layer of sushi rice in the middle try to create a square shape. I used a square mold but not necessary

9) Add furikake on the rice and add a layer of jackfruit

10) Add your greens and another layer of rice

11) Now fold the top and bottom corners in and then the sides in (see video for demo)

12) Cut horizontally and add any sauce & toppings. I like to add sriracha and sprinkle furikake

and black sesame seeds on top

13) To keep for on the go don't add any toppings and wrap in parchment paper and tape closed

**WE'D LOVE TO HEAR FROM YOU!**

**SHARE/FOLLOW ON SOCIAL:**

**@hellaphatvegan**

