

Super Onigiri with Sprouted Brown Rice & Mung Beans

If you have time to sprout your own rice, that is an option here. A shortcut is to buy pre-sprouted / germinated rice - (for example, truRoots brand). If I know I might make onigiri, I add a bit more water to the rice than usual, and I might pull it from the heat a bit early, so it stays a more moist. You can use the rice warm or room temperature.

- 2 cups cooked (sprouted) brown rice
- 1/2 cup cooked mung beans
- 1 teaspoon sesame seeds
- small handful of chopped arugula or chopped scallions (or micro versions of either)
- 1/2 avocado, peeled
- fine grain sea salt
- 1 tablespoon miso paste (use chickpea miso if you avoid soy)
- 1 tablespoon almond butter
- 1 tablespoon olive oil
- strips of nori

In a medium bowl, gently toss the rice, mung beans, sesame seeds, and arugula.

Smash the avocado with a bit of salt, you'll put a bit of this in the middle of each onigiri.

Shape the rice in 1/2 cup portions, you'll end up with 4 onigiri. You can use wet hands, an onigiri press, or a plastic wrap-lined cup (see photo). You'll press a layer of rice to form the bottom, use your finger to make a bit of an indent, add a bit of avocado, and then cover the avocado with another layer of rice. Press enough that the onigiri holds together. Repeat until all the rice is used.

In a small bowl blend together the miso, almond butter, and olive oil. Smear an equal amount on the top of each onigiri, then place on a parchment-lined baking sheet and broil just until the miso mixture is well toasted. Alternately you can skip the broil step. Wrap each onigiri with a strip of nori. If I'm going to take these to-go, I'll wrap the entire onigiri, you can even wrap the rice burrito style if that's easier. But, If we're going to eat them immediately, I might go for a thinner strip of nori. Dab a bit of water on the seaweed where you want it to seal.

Makes four onigiri.

