

Onigiri (Rice Balls) — Simple Steps

Ingredients

Japanese short-grain rice 🍚

Water 💧

Salt 🧴

Furikake (rice sprinkles) 🌸

Mayo egg filling 🍳

Pickled vegetables (like carrots, daikon, cucumber, or cabbage) 🥒 🥕

Roasted nori (seaweed) 🟩

Equipment

Rice cooker OR pot with lid

Big bowl

Mixing spoon or rice paddle 🍴

Bowl of water

Small dish for salt

Tray or plate for finished onigiri 🍱

Clean tea towel or damp cloth

Scissors (for cutting nori shapes) ✂️

Cling wrap (if packing for later)

Method:

1. Cook Rice 🍚

Cook rice first (get adult help). Let it rest 5–10 mins.

2. Get Ready 🍱

Set out water, salt, furikake, fillings (mayo egg, pickled veg), nori, and tray.

3. Wet Hands 💧 🧴

Dip hands in water. Sprinkle with a pinch of salt.

4. a) Make Filled Onigiri 🍱

Take a handful of rice, press a hole in the centre, add filling, gently shape into a ball or triangle.

- b) Make Seasoned Onigiri 🌸 ▲

Mix furikake in rice. Shape into ball or triangle.

5. Add Nori 🟩 🍱

Wrap with nori if eating now, or use cling wrap if packing for later.

6. Decorate & shape 🐾 😊 ✂️

Cut nori or veg to make eyes, smiles, whiskers. Shape into animals for cute onigiri!

