

Rice Balls



Serves	1
Prep time	15 minutes
Cook time	15 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Lunch Box , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Picnic
Region	Japanese

Ingredients

- 1/2 cup sushi rice (sticky rice works best)
- pinch salt
- water

Optional

- 1 teaspoon poppy seeds
- Failsafe Foodie's Magic Sauce (to serve)

Directions

1. Cook the rice as per the directions on the packet and allow to cool enough to handle.
2. Add a pinch of salt and the poppy seeds (if using) and stir through.
3. With wet hands shape the rice into small balls or use rice moulds to create shapes.
4. Serve or pack into a cooled lunch box. Serve with Failsafe Foodie's Magic Sauce for dipping.

Note

Low chemical / FAILSAFE

The recipe for Failsafe Foodie's Magic Sauce can be found [here](#).