

VEGGIE MUSUBI

SERVES APPROX. 9

Ingredients

Rice - Approx. 4 cups

Any medium grain white rice will do. (You can use extra fancy if you're feeling extra!) Sushi rice works too.

Plant-Based Meat Alternatives

I love the Field Roast Apple Sage Sausage. The Italian Garlic and Fennel is also good. These are not gluten-free, so if you need a GF option, choose another! 1 pack of 4 of the Field Roast works to make about 9 musubi. Butterfly cut to cook, then cut to size after cooking.

Seaweed - 1 pack of full-size nori sheets (seaweed) cut in half longways. A pack usually comes with 10 sheets, which makes about 20 musubi. (So you can use one pack for two servings.)

Furikake - Roasted Black Seaweed (Nori Komi) - I recommend Mishima foods.

You will also need at least one Musubi Rice Press (found at any local grocery store in HI or on [Amazon](#)).

Optional:

Avocado

Soy/sugar glaze; I like to use [Bachan's Japanese BBQ sauce](#) in mine!



Directions

- Make rice
- Cook sausage
- Let cool
- Set out sushi blocks
- Have a bowl of water to rinse blocks between each press
- Assemble musubi and add optional ingredients