

POWER RANGERS

Power Rangers Onigiri

Ingredients

Cooked Sticky Rice

Nori; cut into mask shapes

Fillings

Umeboshi (Japanese Pickled Plums)

Tuna with Mayo

Salted Salmon

Dyes for Rice

Red - We used food coloring but you can also boil your rice in the water from red cabbage with a little bit of vinegar.

Blue - We used food coloring but you can also boil your rice in tea made from Blue Pea Flowers.

Yellow - We used curry powder. You could also use turmeric or food coloring.

Pink - We used crushed shrimp chips.

Black - We used ground black sesame seeds.

Instructions

Cook rice per package instructions.

Prepare your selected filling.

Dye your rices with the various colors from above.

Take a piece of plastic wrap in your hand. (This will keep your hands from staining)

Put a little rice in the palm of your covered hand.

Take a small bit of filling and put it on the rice.

Cover with a bit more rice.

Using the plastic wrap, shape into a helmet shape.

Place nori.



These Power Rangers Onigiri are inspired by the movie's origins. Saban's Power Rangers is based off of the American television show The Mighty Morphin Power Rangers. However, the origins go even further back to the Japanese tokusatsu Super Sentai. What better way to combine the origins and visuals of the film than a bento box full of Power Ranger Onigiri?



PG-13



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Recipe courtesy of 2GeeksWhoEat.com