



Chamchijumeokbap

Tuna Rice Balls | 참치주먹밥



A quick, savory, and satisfying Korean dish featuring rice seasoned with fragrant sesame oil and furikake, stuffed or mixed with a creamy mayo-tuna filling. Perfectly portable, highly comforting, and a favorite choice for quick lunches, picnic lunchboxes, or casual snacks.

 **Prep: 10 mins** | **Cook: 0 mins** |  **Easy** |  **Kid-Friendly** |  **High Protein**

Ingredients (2 servings)

- **Main Ingredients:** 2 bowls warm cooked white rice, 1 can canned tuna (approx. 100–150g)
- **Tuna Filling:** 2 tbsp mayonnaise
- **Rice Seasoning:** 2 tbsp furikake (rice seasoning mix), 1/2 tbsp sesame oil, a pinch of salt

Allergy Information

- **Contains:** Fish (Tuna), Eggs (Mayonnaise), Soy (Furikake, Mayonnaise), Sesame

Equipment

- Mixing Bowls, Strainer (for draining tuna), Food Prep Gloves or Plastic Wrap

Cooking Instructions

1. **Draining Tuna:** Place the canned tuna into a fine mesh strainer and press gently with a spoon to thoroughly drain off excess oil.
2. **Mixing Tuna Filling:** In a small bowl, combine the drained tuna with 2 tbsp of mayonnaise and mix well until creamy.
3. **Seasoning the Rice:** In a large bowl, add warm cooked white rice, 2 tbsp of furikake, 1/2 tbsp of sesame oil, and a pinch of salt. Gently mix using a slicing motion with a spatula until evenly incorporated.
4. **Shaping Rice Balls:** Put on food prep gloves or place a sheet of plastic wrap over your hand. Take a portion of seasoned rice, flatten it slightly, and place a spoonful of the mayo-tuna in the center. Fold the rice over the filling and press firmly to shape into compact round balls or classic triangles.

Cooking & Pairing Tips

- **Thorough Moisture Control:** Removing as much canned oil as possible

keeps the rice balls from becoming greasy and prevents them from crumbling apart while shaping.

- **Firm Packing Technique:** Press firmly when forming the balls to compact the rice grains; this ensures they hold their shape cleanly for lunchboxes or finger-food serving.
- **Perfect Food & Beverage Pairing:** The rich, creamy flavor cuts through spiciness wonderfully, making it the ultimate side dish for *Tteokbokki*, spicy *Kimchi Jjigae*, or *Ramyeon*. To drink, serve with iced barley tea or a cold soda.

Storage Instructions

- Best enjoyed immediately after making. If packing for later, wrap individually in plastic wrap and keep at room temperature for up to 4–6 hours, or refrigerate for up to 1 day. (*Note: Refrigeration hardens rice; warm briefly in a microwave before eating*).

Nutrition Facts (Estimated)

- Total Content : Approx. 400g (2 servings total)
 - Calories : 580 kcal total (approx. 145 kcal per 100g / 290 kcal per 1 serving)
 - Sodium : 620mg (31%)
 - Total Carbohydrate : 72g (22%)
 - Sugar : 2g (2%)
 - Total Fat : 22g (41%)
 - Trans Fat : 0g
 - Saturated Fat : 3.5g (18%)
 - Cholesterol : 35mg (12%)
 - Protein : 22g (40%)
 - Calcium : 55mg (6%)
-

Editor's Review

1. Intuitive Allure of Rich Mayo-Tuna and Nutty Crunch

With a single bite, the fragrant nuttiness of sesame oil and the lively crunch of furikake deliver a vivid sensory strike to the palate. Bursting through the gaps of warm rice, the creamy ensemble of mayonnaise and tuna envelops the mouth in a rich, comforting embrace. The seamless harmony of lean tuna, velvety mayo, and savory rice within a compact sphere creates an intuitive, utterly irresistible culinary addiction.

2. Balance of Texture Forged by Moisture Control and Firm Compaction

Chamchijumeokbap is the epitome of casual finger-food dining, perfected without a flame purely through oil control and precise hand-shaping techniques. Thoroughly pressing out excess oil from the tuna to prevent the rice from crumbling or growing greasy is the foundational science preserving its structural integrity. The skillful hand pressure that compacts the rice grains creates an intelligent aesthetic balance that serves as a perfect, soothing counterpart when paired with fiery dishes.

3. Tender Comfort Hand-Crafted with the Warmth of Fingertips

Nested within this small rice ball—lovingly shaped between open palms—lies a humble and authentic solace for those navigating a bustling day. Unpretentiously bound together, this round creation forms a friendly microcosm that tenderly satisfies picnic excitement or a tired afternoon's hunger. Holding the gentle warmth of human hands, this compact sphere instantly transports us back to the most peaceful and nostalgic moments in time.

