



tuna poke bowls

Poké (pronounced poh-kay) is a Hawaiian staple that is quickly making its way to the mainland. While traditionally made using ahi tuna, people are chopping up octopus, salmon and scallops as well. The fish is marinated in soy sauce and sesame oil and then can be tossed with everything from green and white onions, edamame and wasabi to sesame seeds, macadamia nuts and jalapenos. Poké can be served with tortilla chips, piled atop a bowl of rice, noodles or kale, or simply snacked on with a spoon.

SERVES: 2-3

ingredients

- 1 lb sushi grade tuna, cut into 1/2-inch cubes (you can use salmon, octopus, scallops if desired)

Marinade

- 1/4 cup soy sauce
- 1 tsp rice vinegar
- 1 tsp wasabi paste
- 1/2 tsp sesame oil

Spicy Sauce

- 1/4 cup mayonnaise
- 1 tsp Sriracha sauce
- 2 cups cooked rice

Toppings

- Toasted seaweed, sliced
- Avocado, sliced
- Pickled ginger
- Black sesame seeds

directions

1. Place cubed tuna in a medium bowl. In another bowl, combine soy sauce, rice vinegar, wasabi paste and sesame oil. Pour over tuna and let marinate for 5 minutes.
2. For the spicy sauce, mix together mayonnaise and Sriracha. Place in a small baggie and cut the corner so you can squeeze a small amount of the spicy sauce on the rice.
3. Divide rice between 2-3 bowls. Top with small amount of spicy sauce. Lay tuna on top and finish with seaweed, avocado, pickled ginger and sesame seeds.



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