

# Ahi Tuna Poke Bowl

Makes Four Bowls



## Steps

1. Combine all pickled cucumber ingredients into a small bowl. Allow to sit for 20 minutes in the fridge while preparing the bowls.
2. Prepare the tuna by cutting into small squares (about  $\frac{1}{4}$  inch). Place tuna pieces in medium-size bowl. Add the soy sauce, sesame oil, olive oil, garlic, cilantro, scallions, lime juice, sriracha, salt and pepper. Taste for seasoning.
3. To assemble the bowls, prepare four small serving/pasta bowls with  $1\frac{1}{2}$  cups of rice in each. Top with the tuna mixture and pickled cucumbers. Add the toasted seaweed, sesame seeds and avocado. Serve immediately.

## Poke Bowl Ingredients

- 1  $\frac{1}{2}$  pounds sushi grade ahi tuna, raw
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons low sodium soy sauce
- 2 teaspoons sesame oil
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 2 tablespoons fresh cilantro, finely chopped
- $\frac{1}{4}$  cup scallions, finely chopped
- Small squeeze of sriracha or a couple pinches of red pepper flakes
- $\frac{1}{4}$  teaspoon Kosher salt
- $\frac{1}{4}$  teaspoon ground black pepper

## Quick Pickled Cucumbers

- 3 small cucumbers, sliced
- Couple pinches red pepper flakes
- 1 tablespoon honey
- 3 tablespoons rice wine vinegar
- $\frac{1}{4}$  teaspoon Kosher salt

## To build the bowl...

- 6 cups cooked white or brown rice
- Couple sheets of toasted seaweed, sliced thin
- 1 large avocado, diced
- 2 tablespoons toasted sesame seeds