



Spicy Tuna Poke Bowl



prep time
30 minutes



total time
30 minutes



servings
4

Ingredients

Poke

- 4 (4 oz)/480 grams sushi grade tuna steaks, cubed ~ 12 servings of protein
- 2-3 cups/420-630 grams sushi rice, cooked ~ 5.5 to 8 servings of carb
- 1/4 cup coconut aminos ~ 1/2 serving of carb
- 1 tablespoon sesame chili oil or regular sesame oil ~ 1 serving of fat
- 2 teaspoons grated ginger
- 1 to 2 tsp crushed red pepper flakes
- 1/4 cup chopped green onions
- 1 tablespoon toasted sesame seeds ~ 1/2 serving of fat
- 1 cup Persian cucumbers, sliced ~ 1 serving of veggies
- 1 tablespoon rice vinegar
- 1 teaspoon honey ~ 1/3 serving of carb
- fried shallot crumbs (recipe in instructions) - optional

Spicy Mayo

- 1/3 cup olive oil mayo ~ 5 servings of fat
- 1 to 2 tablespoons sriracha
- 2 teaspoons soy sauce or tamari
- 1 teaspoon honey ~ 1/3 servings of carb

 seafood dish

Instructions

- 1 Make the poke: In a medium bowl, combine the tuna, coconut aminos, sesame chili oil, ginger, red pepper flakes, green onion, and sesame seeds. Toss to mix.
- 2 Make the cucumber salad: Toss together the cucumbers, rice vinegar, honey, and a pinch each of chili flakes and salt.
- 3 Make the Spicy Mayo: In a small bowl, stir together the mayo, sriracha, honey, and coconut aminos.
- 4 Make the Fried Shallot Crumbs: In a skillet combine 2 tablespoons sesame oil and 2 thinly sliced shallots over medium heat. Cook until golden, 4-5 minutes. Remove from the heat and add 1/3 cup Panko and 2 tablespoons sesame seeds. Season with salt.



- 5 To assemble: add the rice to bowls, top with avocado, cucumber salad, poke, pickled ginger, green onions, and nori. Spoon over the spicy mayo. Sprinkle on the crumbs. Serve with additional spicy mayo.

Whole Recipe Breakdown:
12 servings protein
6 2/3 to 9 servings carb
6.5 servings fat
1 servings veggies

*Doesn't include the crumbs

