

RECIPE | CUCUMBERS



AHI TUNA POKE BOWL



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Recipe created by *Jennifer Rolfingsmeier*



30 min

30 min | **0 min**
PREP | COOKING



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easy

INGREDIENTS

- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
- 1** avocado, sliced
- 1** mango, cubed
- 1** jalapeno, sliced
- 1 lb** raw ahi tuna, cubed
- 2 cups** jasmine rice, cooked
- ¾ cup** edamame, cooked & de-shelled
- 2 tbsp** white sesame seeds, divided
- 2 tbsp** green onion
- Black sesame seeds, optional for garnish
- Sriracha mayo, optional for garnish
- Soy sauce, optional for garnish
- Seaweed wraps, optional for serving

- For the marinade:**
- 3 tbsp** soy sauce
 - 3 tbsp** rice vinegar
 - 1 tbsp** monk fruit sweetener
 - 2 tsp** sesame seed oil
 - 2 tsp** chili oil
 - 1 tsp** red pepper flakes
 - 1 tsp** kosher salt

DIRECTIONS

- 1** In a small bowl combine marinade ingredients.
- 2** In a small bowl, combine cucumbers with ½ of the marinade, and 1 tablespoon of white sesame seeds. Refrigerate for 15 minutes.
- 3** In a medium bowl, combine tuna, green onions, remaining white sesame seeds, and remaining marinade.
- 4** To serve, add rice to each bowl and top with cucumbers and tuna. Then add mango, edamame, avocado, and jalapeno.
- 5** Garnish with black sesame seeds, soy sauce, and sriracha mayo, and serve with seaweed, if desired.

Pro Tip: For maximum flavor, let tuna chill in the refrigerator for 30 minutes.