

RECIPE | CUCUMBERS

SOY SESAME TUNA BOWL



[PURE-FLAVOR.COM](https://www.pure-flavor.com)

SOY SESAME TUNA BOWL

INGREDIENTS

1 lb Pure Flavor® Mini Cucumbers, sliced
12 oz tuna, cubed
2 cups brown rice
2 green onions, sliced
1 avocado, sliced
1 jalapeno, sliced
½ cup shelled edamame
2 tbsp lemon juice

1 tbsp soy sauce
1 tsp sesame seeds
½ tsp sesame oil
Zest of **1** lime
1 pinch of cayenne

DIRECTIONS

- 1** In a medium bowl add lemon juice, soy sauce, sesame oil and cayenne. Whisk together until combined. Add tuna, toss to combine and set aside.
- 2** Bring a medium pot of 6 cups of water to boil. Add rice and reduce temperature. Boil uncovered for 30 minutes. Let the rice rest for 10 minutes.
- 3** In a serving bowl add warm rice, tuna mixture, cucumber, edamame, avocado, green onions and jalapeno.
- 4** Sprinkle sesame seeds and lime zest.



45 min

15 min
PREP.

30 min
COOKING



2



easy