



RECIPE | CUCUMBERS

SOY SESAME TUNA BOWL



15 min
PREP.

45 min

30 min
COOKING



2



easy

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.