

TUNA POKE BOWLS

Ingredients

1 lb sushi-grade tuna, cut into small cubes
1/4 C low sodium soy sauce
1 TBS sesame oil
dash of yuzu hot sauce, or other Asian-style hot sauce
sesame seeds
2 C jasmine rice
1 mango, diced
1 avocado, diced
Additional toppings: pickled ginger, sliced cucumber,
sliced radishes, etc.



Instructions

1. Combine the tuna chunks, soy sauce, sesame oil, hot sauce and a dash of sesame seeds in a bowl, and stir to combine. Set aside.
2. To build your poke bowl, start with 1/4 - 1/2 C rice per person, then divvy up the tuna chunks among the bowls. 1 pound of tuna steaks should be enough to feed four people for poke bowls. Once you divvy up the tuna, add your mango, avocado, and anything else you want into your bowl. You can mix everything together to eat or keep it all separate, the choice is yours!
3. To make the Kung Pao Broccoli for another tasty addition to your poke bowl, heat your oven to 400 and line a baking sheet with tin foil. Spread a bag of unfrozen broccoli florets on the sheet pan, then pour a little peanut oil on the broccoli, enough to lightly coat them, then drizzle about 1 TBS of sesame oil over. Sprinkle with salt and pepper, then bake the broccoli for 20 minutes.
4. To make the Kung Pao sauce, combine 1/4 C sweet chili sauce, 2 TBS oyster sauce, 1 TBS sesame oil, 1 TBS rice wine vinegar, 1 and 1/2 TBS sriracha and 1 TBS soy sauce in a bowl. Once the broccoli is done in the oven, set the oven to broil, combine the broccoli with the sauce, then put the pan back into the oven for 4-5 minutes to let the sauce broil and caramelize on the broccoli. Delicious on its own or with this poke bowl!