Aloha, Poke!

Tuna Poke Bowl

Poke (po-kay) is a dish native to Hawaiian cuisine! Take a study break and learn how to give your taste buds a slice of paradise with this ahi tuna poke bowl. We will practice measuring ingredients and learn how to properly handle raw fish. Mahalo!

**Prep time:** 10 mins  
**Cook time:** 50 mins  
**Serving size:** 3

Price Per Recipe: ~ $12.00  
Price Per Serving: ~ $4.00

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**Ingredients**

- ⅛ pound sushi grade tuna/ fish
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- ½ teaspoon sesame seeds
- ½ sliced avocado
- 1 sliced persian cucumber
- Sliced pickled ginger
- ½ cup edamame
- ½ cup chopped purple cabbage
- 1 cup brown rice

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**Spotlight on Tuna**

Tuna is high in omega-3 fatty acids, which are essential fatty acids important for lowering the risk of heart disease and prevent high blood cholesterol. Tuna is also a great source of lean protein!
Mise en place: Measure sauce ingredients
Measure soy sauce, sesame oil, and sesame seeds in a bowl. Mix mayonnaise and sriracha in a separate bowl. Place it on the side.

Step 1: Cook brown rice
Measure out 2 cups water and 1 cup brown rice in a pot, and bring to a boil. When water is boiling, turn heat to simmer, cover pot, and cook for about 45-50 minutes until rice is fluffy.

Step 2: Cube sushi grade tuna and marinade
Cube sashimi grade tuna, and add it to the soy sauce mixture. Coat the fish in the mixture and store in the fridge until it’s time to assemble.

Step 3: Chop and slice vegetables
Prepare vegetables; half the cucumber and thinly slice; chop the purple cabbage, and slice or cube the avocado.

Step 4: Assemble bowl, and ENJOY
Assemble ingredients into a bowl, adding any additional ingredients and sauces if desired.