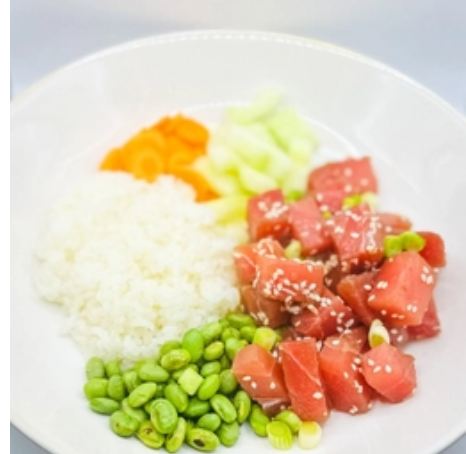




Tuna Poke Bowl



SERVINGS: 1

PREP TIME: 20 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 hand-sized Wholegrain Rice, cooked
- 1 palm Cooked Tuna
- A squeeze Fresh Lime Juice
- 1 tsp Sesame Seeds
- A drizzle Sesame Oil
- A splash Rice Vinegar
- 1 tbsp Soy Sauce (Tamari)
- ½ avocado, sliced
- A handful Spring Onions, sliced
- 1 hand-sized Edamame, shelled & steamed
- A generous handful Shredded Carrots
- A generous handful Cucumber, diced

DIRECTIONS

1. Cook wholegrain rice according to package instructions.
2. Cut the raw tuna into one-inch cubes and add to a medium bowl.
3. Add soy sauce, rice vinegar, sesame oil, lemon juice, and sesame seeds to the tuna. Gently toss until the tuna is coated in the marinade. Refrigerate until ready to eat.
4. Serve wholegrain rice topped with tuna, carrots, cucumbers, avocado, edamame, and spring onions.

NOTES

1. Tuna alternative: This recipe also works great with cooked prawns, smoked salmon, or grilled chicken instead of tuna.

AVERAGE NUTRITION INFO

Energy : 2385 kJ / 570 Cal Fat : 21 g Carbs : 53 g Protein : 47 g Fibre : 13 g Sugar : 7 g

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