

# TUNA POKE BOWL

Preparation: **30** minutes | Cooking: **0** minutes | Servings: **4**

## INGREDIENTS

*12 ounces sushi grade tuna (skinned and cubed)*  
*2 cups cooked brown rice*  
*2 cups sliced snow peas*  
*2 cups sliced cucumber*  
*3/4 cup sliced scallion greens*  
*1/4 cup reduced-sodium tamari*  
*1/4 cup chopped chives*  
*1/4 cup furikake seasoning*  
*1 1/2 tablespoons mirin*  
*1 1/2 tablespoons toasted dark sesame oil*  
*1 tablespoon toasted sesame seeds*  
*2 teaspoons grated fresh ginger*  
*1/2 teaspoon crushed red pepper*



## INSTRUCTIONS

To begin, whisk the scallion greens, tamari, mirin, oil, sesame seeds, ginger and crushed red pepper in a medium bowl. Set aside 2 tablespoons of this sauce in a small bowl. Then, in the medium bowl, add tuna to the sauce and gently toss to coat. Combine the rice and vinegar in a large bowl. Divide the contents among 4 bowls, and top each with 3/4 cup of tuna, 1/2 cup each of snow peas and cucumber and 1 tablespoon each of chives and furikake. Lastly, drizzle the dishes with the reserved sauce and serve.