

Poke bowl

SERVES: 1 TIME: 15 MIN COOK WITH PRE-COOKED RICE (55 MINUTES WITHOUT)

A lite and delicious meal that is super simple and quick to prepare at home.

Ingredients

**¾ cup brown short grain rice, cooked
(¼ cup dry)**

3 oz ahi tuna, cut into ½ in cubes

1 Tbsp soy sauce, reduced-sodium

½ tsp sesame oil

¼ tsp sriracha

1 Tbsp green onion, thinly sliced

1 cup persian cucumber, diced

1 tsp rice wine vinegar

½ avocado, sliced

1 tsp sesame seeds

Instructions

1. Cook rice according to package directions if you don't have any prepared.
2. Combine tuna, soy sauce, sesame oil, sriracha, and green onion in a medium bowl; set aside.
3. If using pre-cooked rice, reheat with a splash of water on the stovetop or in the microwave; mix in rice wine vinegar. Top rice with poke, cucumber, avocado and sesame seeds.

NOTES:

Feel free to use more or less sriracha.