Ahi Poke Bowl

Serves 4

Poke Marinade: (or buy bottled)

¼ cup Low sodium soy sauce

3 teaspoons seasoned rice wine vinegar

2 teaspoon sesame oil

1 teaspoon freshly grated ginger

3 green onions thinly sliced (more for garnish)

For the Tune – 1 pound sushi grade Ahi Tuna diced into cubes

For the base: Cooked quinoa grain or cooked brown rice up to ½ cup per bowl

For the toppings:

Sliced avocado

Sliced cucumber

Edamame

Carrots (I made ribbons using a vegetable peeler)

Sliced radishes

1 tablespoon Furitake Seasoning (optional – this is a Japanese Seasoning which goes amazing in this recipe)

In a large bowl whisk together the ingredients for the marinade.

Add the diced tuna to the marinade and chill for 15 minutes up to 1 hour.

To assemble, add rice to the bowl.

Top the rice with the tuna and your choice of toppings.

Sprinkle with Furitake and additional green onions and serve.