

Poke Bowl (Serves 2)

@willdavies11

Ingredients

300 g sushi-grade ahi tuna (*or other raw fish of choice*), cubed
2 spring onions, thinly sliced

2-3 tbsp soy sauce or tamari
1 tsp sesame oil (*optional*)
1 tsp rice vinegar (*optional*)
1 thumb ginger, grated

150 g brown (or sushi) rice, cooked and still hot

2 tbsp light mayonnaise
2 tbsp sriracha sauce

2 tsp sesame seeds, toasted (*optional*)

toppings:

avocado, sliced
cucumber, sliced
edamame
carrots, shredded
radish, sliced

Method

Whisk together the soy sauce, sesame oil, rice vinegar, sesame oil, and ginger. Toss with the tuna and spring onions (and a little sriracha, if desired) and marinate in the fridge for up to an hour.

Meanwhile, add half the rice to each bowl (mixed with a little rice vinegar, if desired), then layer on the toppings, finishing with the marinated tuna.

Mix the mayo and sriracha to drizzle on top, before sprinkling with the sesame seeds (*if using*) and any remaining slices of spring onion.