BEATRIX®

AHI TUNA POKE BOWL

Yield: 4-Servings



INGREDIENTS

AHI TUNA POKE BOWL

3 cups cooked sushi rice, chilled

12 oz. fresh ahi tuna or thawed sushi-grade saku tuna, diced into ⅓-inch cubes

½ cup citrus ponzu (see recipe below)

2 cups sesame snap pea salad (see recipe below)

2 avocados, thinly sliced

1 cup shredded carrots

¾ cup cilantro and basil herb mix (equal mix of both), roughly chopped

1 cup sesame cashew granola (see recipe below)

1 lime, quartered

salt, to taste

olive oil, to taste

SESAME CASHEW GRANOLA*

¾ cup roasted and salted cashews (halves and pieces)

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METHOD

SESAME CASHEW GRANOLA

1. Preheat oven to 325°F.
2. Add all ingredients to a mixing bowl and gently mix until thoroughly combined.
3. Line sheet tray with parchment paper and spray lightly with pan spray.
4. Spread mixture onto tray in a thin layer. Bake for 10 minutes, then mix granola with a rubber spatula and spread evenly.
5. Continue baking for 5 minutes and stir, then repeat this process one to two more times until granola is deep golden brown and almost dry.
6. Cool at room temperature, then break up granola until there are no large clumps.
7. Store in a sealed container at room temperature in a cool, dry place until ready to use.

CITRUS PONZU

1. Add all ingredients to a mixing bowl and whisk until thoroughly combined.
2. Store in an airtight container and refrigerate until use.

SESAME SNAP PEA SALAD

1. Bring a small pot of salted water to a boil. Add snap peas and blanch for one minute.

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2 Tbsp. unsweetened coconut flakes

4 Tbsp. raw sesame seeds

1 Tbsp. raw sunflower seeds

1½ tsp. raw pumpkin seeds

½ tsp. kosher salt

2½ Tbsp. maple syrup

1½ Tbsp. sesame oil

2 Tbsp. sriracha

**Note: This recipe prepares 4 cups of granola. Store remaining granola in a sealed container at room temperature in a cool, dry place for up to one week.*

CITRUS PONZU*

¾ cup gluten-free tamari soy sauce

2 Tbsp. rice wine vinegar

½ cup agave syrup

2 Tbsp. fresh-squeezed lemon juice

¼ cup fresh-squeezed orange juice

¼ cup fresh-squeezed lime juice

2 tsp. sriracha

1 Tbsp. fresh ginger, finely chopped

¼ lime, zested

**Note, this recipe prepares 3 cups. Refrigerate remaining sauce in a sealed container for up to one week.*

SESAME SNAP PEA SALAD

2 cups stringless snap peas

1 tsp. toasted sesame seeds

2 tsp. sesame seed oil

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2. Drain water and quickly shock snap peas in ice water to stop cooking.
3. Once snap peas are fully chilled, cut in half lengthwise.
4. Toss sliced snap peas in a mixing bowl with sesame seeds, sesame oil and pinch of salt. Salt additionally to taste.
5. Store in a sealed container and refrigerate until use.

PREPARE AHI TUNA POKE BOWLS:

1. Divide cooked sushi rice evenly between four bowls, making a small pile.
2. In a small mixing bowl, gently combine the diced tuna with ½ cup of citrus ponzu and season with salt to taste. Divide and spoon the tuna mix evenly over the rice bowls.
3. Arrange equal amounts of sliced avocado, sesame snap pea salad, shredded carrot,herb mix and sesame cashew granola around each bowl.
4. Drizzle each poke bowl with olive oil to taste and serve with a lime wedge and extra citrus ponzu on the side.

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