

Spicy Tuna Poke Bowl

Calories: 397 Protein: 32.5 Carbs: 33.5 Fat:14.5 Yield: 2 servings

Ingredients

For the tuna

- 1/2 pound sushi grade tuna, cut into 1/2-inch cubes
- 1/4 cup sliced scallions
- 2 tablespoons reduced sodium soy sauce or gluten-free tamari
- 1 teaspoon sesame oil
- 1/2 teaspoon sriracha

For the spicy mayo

- 2 tablespoons light mayonnaise
- 2 teaspoons sriracha sauce

For the bowl

- 1 cup cooked short grain brown rice or sushi white rice
- 1 cup cucumbers, (Persian) peeled and diced 1/2-inch cubes
- 1/2 medium Hass avocado, (3 ounces) sliced
- 2 scallions, sliced for garnish
- 1 teaspoon black sesame seeds
- Reduced sodium soy or gluten-free tamari, for serving (optional)
- sriracha, for serving (optional)

Instructions

In a small bowl combine the mayonnaise and sriracha, thin with a little water to drizzle.

In a medium bowl, combine tuna with scallions, soy sauce, sesame oil and sriracha. Gently toss to combine and set aside while you prepare the bowls.

In 2 bowls, layer 1/2 the rice, 1/2 the tuna, avocado, cucumber and scallions.

Drizzle with spicy mayo and sesame seeds and serve with extra soy sauce on the side, if desired.

In my picture below I added white sesame seeds and shredded crab meat mixed with spicy mayo

