

Tuna poke bowl with sweet soy

Total time **55 mins** 25 mins preparation time 15 mins cooking time 15 mins marinating time

Nutritional facts (per portion):
2,092 kJ / 500 kcal

Fat: **14 g** Protein: **35 g**
Carbohydrates: **50 g**

INGREDIENTS

2 portion(s)

Marinade:

75 ml Kikkoman Sauce for Rice - sweet
1 tbsp rice vinegar
0.5 tbsp Kikkoman Toasted Sesame Oil
0.5 tbsp sesame seeds

Poke bowl:

250 g fresh tuna, diced
100 g sushi rice
0.5 fresh avocado, diced
0.5 small cucumber, thinly sliced
0.5 carrot, julienned
0.5 small red pepper, thinly sliced
1 sheet of nori, chopped
Chilli flakes, to taste

PREPARATION

Step 1

75 ml Kikkoman Sauce for Rice - sweet - **1 tbsp** rice vinegar - **0.5 tbsp** Kikkoman Toasted Sesame Oil - **0.5 tbsp** sesame seeds

In a small bowl, mix the Kikkoman Sauce for Rice, rice vinegar, Kikkoman Sesame Oil, and sesame seeds until well combined. Set aside.

Step 2

250 g fresh tuna, diced

Place the diced tuna in a large bowl and pour the marinade over it. Mix gently, cover, and refrigerate for at least 15 minutes.

Step 3

100 g sushi rice

Rinse the sushi rice in cold water, stirring gently and draining several times until the water runs almost clear. Add water (check the ratio on the rice packet) and bring to a boil over medium heat. Reduce the heat, cover, and cook over low heat for 15-20 minutes until tender.

Step 4

Poke Bowl:

0.5 fresh avocado, diced - **0.5** small cucumber, thinly sliced - **0.5** carrot, julienned - **0.5** small red pepper, thinly sliced - **1** sheet of nori, chopped - Chilli flakes, to taste

Place a portion of the rice in the bottom of a bowl. Arrange the marinated tuna and vegetables on top. Sprinkle with the chopped nori and chilli flakes. Serve immediately.