



POKE TUNA BLOWOUT BOWL

'Community Through Cooking'

BACKYARD TUNA COMPANY



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INGREDIENTS:

- 16 oz tuna filet
- 1 whole sweet onion
- 2 jalapeño peppers
- 1 habanero pepper
- 1 red finger chili pepper
- 5-6 macadamia nuts
- ½ cup seaweed salad
- ¼ cup soy sauce
- 1 tbsp minced ginger
- 1 tbsp sesame oil
- 1 lemon
- 4 green onions
- 1 avocado
- 1 tbsp honey
- 3 cloves of garlic
- sriracha
- rainbow peppercorns
- toasted sesame seeds

RECIPE:

One of my favorite things about the Poke Tuna Blowout Bowl is how quick and easy it is to make.

First, you start by chopping up your sweet onion, macadamia nuts, garlic, jalapeno, habanero & red finger chili peppers. Mix together in a large bowl and add your seaweed salad.

Next, you're going to create the soy sauce mixture. In a small bowl, mix together your soy sauce, juice from half of your lemon, and the minced ginger. Set this aside until you have prepared the tuna.

Grab the tuna filet from the fridge and cut into 1/8-inch slices and then cube them so they become meaty little rectangles. Add the tuna to your large bowl and then drizzle over the soy sauce mixture and sesame oil. Add crushed peppercorns to taste.

Chop up the green onions and add to the bowl along with a sprinkle of sesame seeds for an added crunch. Don't forget to drizzle the honey to contrast the spicy. Cut the avocado into cubes and lay on top of your poke bowl. Squeeze out the other half of lemon to prevent browning. Finally, refrigerate for 2 hours (if you have the patience). I tend to eat it immediately with a little sriracha for added heat. Enjoy!