

Tuna Poke Bowl

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/bluefin-tuna-turkish-recipe>

Ingredients:

- 1 pound tuna sushi grade bluefin, diced into 1/2" cubes
- 1 teaspoon toasted sesame oil
- 2 tablespoons low sodium tamari
- 1/2 teaspoon rice wine vinegar
- 1/2 teaspoon black sesame
- 1 teaspoon fresh ginger minced
- 1/4 cup sliced green onion
- 3 tablespoons mayo
- 3 teaspoons Sriracha
- 1 cup jasmine rice cooked
- 2 cups cucumber thinly sliced
- 1 cup carrots shaved
- 2 avocado sliced

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 45 milligrams
4. Fat: 26 grams
5. Fiber: 9 grams
6. Protein: 34 grams
7. SaturatedFat: 4 grams
8. Sodium: 720 milligrams
9. Sugar: 5 grams

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