

Ahi Tuna Poke Bowl

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-tuna-poke-recipe>

Ingredients:

- 6 cups baby spinach or you can use cooked rice
- 12 ounces ahi tuna sushi-grade, very cold and cut into 1/2" cubes
- 2 avocado small or 1 large, halved, pitted, and cubed
- 1 seedless cucumber thinly sliced on a mandoline
- 2 carrots thinly sliced on a mandoline
- 4 radishes thinly sliced on a mandoline
- 1 cup microgreens
- black sesame seeds optional
- sea salt optional
- 1 lime
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- 1 tablespoon sugar
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons ginger grated peeled

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 40 milligrams
4. Fat: 19 grams
5. Fiber: 12 grams
6. Protein: 27 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 970 milligrams
9. Sugar: 9 grams

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