

easy tuna poke bowl

Makes approximately 2 servings

RECIPE ADAPTED FROM: TheKitchn.com

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- 2 teaspoons soy sauce or tamari
 - 1 teaspoon sesame oil
 - ½ an orange, juiced
 - 1-inch piece of fresh ginger, peeled and grated or minced
 - 2 (5-ounce) cans tuna, drained (or canned wild salmon)
 - Small handful of cilantro, chopped
 - 1 scallion, finely chopped
 - 1 cup cooked rice or other grain, cooled
 - ½ to 1 medium avocado, cubed
 - ½ cup (or more) halved or quartered cherry tomatoes
 - 1 tablespoon sesame seeds

PLACE the soy sauce, sesame oil, orange juice and ginger in a small bowl.

WHISK well.

EMPTY the drained tuna into a small bowl and pour the dressing over top.

ADD in the scallion and cilantro then toss to coat well.

DIVIDE the rice between two bowls and top with the dressed tuna, avocado, tomatoes and sesame seeds.

