

# Tuna Poke

## Instructions

1. In a medium bowl, whisk together the scallions, tamari, mirin, sesame oil, sesame seeds, garlic, ginger, and crushed red pepper. Set aside 2 tablespoons of the sauce in a small bowl. Add the tuna to the remaining sauce in the medium bowl and gently toss to coat.
2. Combine the brown rice and vinegar in a large bowl. Divide the rice among four bowls and top each with 3/4 cup of tuna, 1/2 cup each of snow peas and cucumber slices, and 1 tablespoon each of chives and furikake seasoning. Drizzle with the reserved sauce and serve.

## Ingredients

- 3/4 cup of scallions, thinly sliced
- 1/4 cup of reduced sodium tamari
- 1 ½ tablespoons of mirin or dry sherry
- 1 ½ tablespoons of toasted (dark) sesame oil
- 1 tablespoon of toasted sesame seeds
- 1 clove of garlic, grated
- 2 teaspoons of fresh ginger, grated
- 1/2 teaspoon of crushed red pepper (optional)
- 12 ounces of sushi-grade tuna, skinned and cut into 1/2-inch cubes
- 2 cups of cooked brown rice
- 2 tablespoons of rice vinegar
- 2 cups of snow peas, sliced
- 2 cups of cucumber, sliced
- 1/4 cup of chives, chopped
- 1/4 cup of furikake seasoning

## Grocery List

### Produce

- Scallions
- Garlic
- Ginger
- Snow peas
- Cucumber
- Chives

### Canned Goods/Grocery

- Reduced sodium tamari
- Mirin or dry sherry
- Sesame oil
- Sesame seeds
- Crushed red pepper
- Brown rice
- Rice vinegar
- Furikake seasoning

### Meat

- Sushi-grade tuna