

poke bowl

RECIPES FROM THE TC KITCHEN

One of the main dishes of Native Hawaiian (kānaka) cuisine, poké is diced raw fish, served as an appetizer or a main course. This delicious recipe comes from the kitchen of Tuna Champion, Eboni...

ingredients

Tuna marinade:

- Tuna marinade:
- 4 tbsp soy sauce
- 4 tbsp sesame oil
- 1 tsp fresh grated ginger
- ¼ tsp garlic
- Pinch of sugar
- ½ shallot finely sliced
- ¼ white onion thinly sliced
- 1 tbsp of sesame seeds

Sushi rice:

- 1 cup sushi rice
- 2 tbsp rice wine vinegar
- 1¼ tsp brown sugar
- Pinch of salt

Toppings

This is all about what you prefer. In this recipe we have:

- Avocado
- Vine-ripe cherry tomatoes
- Cucumber
- ¼ of a carrot
- ¼ cup of edamame beans
- ½ a shallot
- Black sesame seeds to garnish



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poke bowl

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directions

- First, cut your tuna into cubes of about 2cm square - the idea is to make your cubes small enough to be flavoured by the marinade, but not too small that you lose the tuna flavour completely
- In a separate bowl, combine soy sauce, sesame oil, garlic and sugar - mixing until the sugar has completely dissolved
- Add shallots and white onion, and stir until combined
- Add tuna and gently fold into the marinade until all the tuna cubes are covered, then set aside in the fridge - make sure it marinates for at least 30 minutes to an hour before serving
- While tuna is marinating, begin cooking sushi rice - on the stove or in a rice cooker, add 1½ cups of water to 1 cup of sushi rice, then cook until ready (stir occasionally for stovetop cooking)
- While rice is cooking, combine rice wine vinegar, sugar and salt in another bowl.
- Microwave this mixture for 10 seconds and stir until all sugar is dissolved.
- When rice is cooked, remove from heat and stir in mixture with a wooden spoon, fanning the rice.
- Now prep your toppings! Cut avocado, cucumber and carrots into thin bite sized lengths, halve cherry tomatoes, dice some shallot, and prepare edamame beans
- Check marinade in the fridge - the white onions and tuna should now be the colour of the marinade, and there should be no loose liquid in the bottom of the bowl. This means the marinade is soaked up and ready to go!
- It's time to assemble your dish: Add the warm rice in the serving bowl, leaving a small 'well' in the middle.
- Dress your rice with your chosen toppings, adding them (creatively!) around edge of well
- Finally, add your desired amount of cold poké mixture into the centre of the bowl, sprinkle with black sesame seeds for garnish, and enjoy!

The ideal poké bowl is served with cold fish and warm rice. So set aside your rice to cool until it's warm, and while it's cooling down, prepare your toppings!



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