

# ONCE UPON A *chef*

## TUNA POKE BOWLS

By Jennifer Segal

Servings: 4 to 6

Prep Time: 20 Minutes

Total Time: 20 Minutes, plus at least 15 minutes to marinate

### INGREDIENTS

1/4 cup + 2 tablespoons soy sauce (use gluten-free if necessary)  
 2 tablespoons vegetable oil  
 1 tablespoon sesame oil  
 2 tablespoons honey  
 1 tablespoon Sambal Oelek (see note)  
 2 teaspoons fresh grated ginger  
 3 scallions, white and green parts, thinly sliced  
 1 pound sushi-grade ahi tuna (such as yellowfin or big-eye tuna), diced into 1/4 or 1/2-inch pieces  
 2 cups sushi rice, cooked according to package instructions (any other type of rice or grain can be substituted)

### Optional Toppings

Sliced avocado  
 Sliced cucumber  
 Edamame  
 Pickled ginger  
 Diced mango  
 Potato chips or wonton crisps  
 Sesame seeds

### INSTRUCTIONS

In a medium bowl, whisk together the soy sauce, vegetable oil, sesame oil, honey, sambal oelek, ginger, and scallions. Add the tuna and toss. Let the mixture sit in the fridge for at least 15 minutes or up to 1 hour.

To serve, scoop rice into bowls, top with tuna poke and desired toppings. You will have extra sauce for drizzling over the toppings; serve on the side.

Note: Sambal Oelek can be found in the Asian section of most supermarkets. It is sometimes labeled Chile Garlic Sauce.

### NUTRITION INFORMATION

Powered by *Edamam*

Per serving (Nutritional data does not include optional toppings -- 6 servings)

Calories:	411
Fat:	8 g
Saturated fat:	1 g
Carbohydrates:	59 g
Sugar:	6 g
Fiber:	0 g
Protein:	24 g
Sodium:	943 mg
Cholesterol:	29 mg

Copyright © Once Upon a Chef

<https://www.onceuponachef.com/recipes/tuna-poke-bowls.html>

