

Ahi Poke Bowl + Stack - 2 fun versions that you can make for a lunch meal prep, refreshing light dinner, or for a crowd!

Ingredients

Chili mango sauce

- 1 whole mango (chunks)
- ½ juice of 1 lime + zest
- 1-2 tsp chili garlic sauce

Ahi Tuna marinade

- 2 ahi tuna steaks (4-6 oz 1.5" thick each)
- ¼ cup water
- 2 Tbsp white miso paste
- 2 Tbsp low-sodium GF tamari
- 1 Tbsp honey
- 1 knob fresh garlic (minced)
- 1 Tbsp sesame oil
- 1 tsp chili oil
- ½ juice of 1 lime + zest

Bowl/Stack components (*makes 4 servings*)

- 1-2 cups sprouted brown rice
- 2 cups edamame
- Seared ahi tuna steaks
- And top with your favorite poke bowl garnishes like mango chili sauce, English cucumbers, shaved carrots, jalapeno slices, nori sheets, green onion, pickled ginger, avocado slices, and microgreens

Directions

1. Prepare the marinade by combining all ingredients in a shallow bowl or Ziploc bag and marinate in the fridge for at least 30 minutes.
2. While your steaks are marinating, prepare the chili mango sauce by simply adding all ingredients into a blender and blend until smooth and creamy.
3. Prepare the rest of the ingredients by steaming your rice and chopping veggies.
4. Sear tuna steaks either on the grill or in a skillet on medium-high heat (4-6 minutes per side).
5. To make ahi poke *stack version*: You can use a 4" springform pan or use a greased 1 cup to create your stack mold. Layer starting with brown rice first and ahi tuna at the end if using a springform pan or the opposite sequence if using a measuring cup.
6. To make ahi poke *bowl version*: Add all components and garnishes in a bowl and serve!
7. Divide all ingredients into ¼ in order to make 4 servings!