

## Tuna Poke Bowl

<http://userealbutter.com/2018/07/31/tuna-poke-bowl-recipe/>  
inspired by [Montanya Rum](#)

3 cups cooked rice\* (use white sushi rice, brown short-grain rice, or forbidden rice)  
poke (recipe below)  
1 avocado, diced  
2 cups cucumber, diced  
pickled red onions (recipe below)  
gari (pickled ginger)  
2 tbsps masago or tobiko (flying fish roe)  
1 radish, sliced  
wasabi dressing (recipe below)

**\*To cook forbidden rice:** Combine 1 cup forbidden rice with 1 3/4 cups water and a pinch of salt. If using a rice cooker, set to cook for brown rice. If cooking stove top, bring everything to a boil in a medium saucepan, then cover and reduce to a simmer for 30 minutes. Remove from heat and let stand covered for a few minutes. Fluff with a fork.

### **pickled onions**

1/2 red onion, sliced 1/4-inch thick  
1/2 cup rice vinegar (unseasoned)  
3 tbsps sugar  
1 1/2 tsps kosher salt

### **wasabi dressing**

1 tbsp wasabi paste  
1 tbsp lemon juice  
1/2 tsp sugar  
1/2 tsp salt  
1/4 cup mayonnaise

### **tuna poke**

1/2 lb. maguro (sashimi grade tuna), cut into 3/4-inch cubes  
2 green onions, minced  
2 tpsps sesame seeds, toasted  
2 tpsps soy sauce (use tamari to make it gluten-free)  
1 tsp sesame oil  
1/2 tsp sugar

**Pickle the onions:** Place the onion slices in a pint or quart jar. Heat the rice vinegar, sugar, and salt in a small saucepan over medium heat. Stir until the sugar and salt have dissolved. When the vinegar boils, remove from heat. Pour the vinegar over the onions. Stuff the onions down so they are covered by the liquid. Let cool. Refrigerate.

**Make the wasabi dressing:** Stir the wasabi paste, lemon juice, sugar, and salt together until completely blended. Whisk in the mayonnaise. Refrigerate until ready to use.

**Make the poke:** Toss all ingredients together.

**Assemble the poke bowl:** Divvy the rice among 2-3 bowls. For each bowl, top the rice with poke, avocado, cucumber, pickled onions, pickled ginger, flying fish roe, and radish. Drizzle wasabi dressing over the bowl or serve the dressing on the side. Serves 2-3.