

Quinoa Ahi Tuna Poke Bowl w/Spicy Miso Dressing

Ingredients

Marinade

2 tbsp soy sauce or Tamari
1 tsp Serrano Honey Vinegar
1 tsp Roasted Sesame oil
1 tsp black sesame seeds, plus more
for garnish
1 lb sushi-grade ahi tuna or sushi-
grade wild salmon, 1" cubes
2-3 scallions, thinly sliced

Dressing

1 rounded tbsp yellow miso
2 tbsp honey ginger white balsamic
2 tbsp Baklouti Olive Oil
1 tbsp Garlic Olive Oil
1 tsp dark sesame oil
2 tbsp plain yogurt

For Serving

6 c organic mixed spring greens
1 med English cucumber, 1" dice
1 large avocado
4 c cooked quinoa cooled to room
temperature
Pickled ginger, optional
4 small squares of roasted dried
seaweed snacks (nori) cut up for
garnish, optional

Method

Prepare the marinade by placing all marinade ingredients into a medium bowl and whisking. Add cut up tuna and toss to coat. Refrigerate tuna while preparing the rest of the recipe or up to 20 minutes. Make the Miso Dressing by combing all dressing ingredients and blending on high until the mixture is fully blended and creamy. Set aside. Just before serving, in a large bowl toss 6 cups of mixed greens with 4-6 tablespoons of miso dressing. Compose the bowl by adding 1 cup of cooked quinoa to the bottom of each bowl. Add a mound of dressed mixed greens to the top of the quinoa. Divide the cut up avocado, cucumber and tuna on top of the greens. Garnish with sesame seeds and nori strips if desired. Serve immediately.

Makes: 2-4 servings Time: 20 mins (plus time to cool quinoa)

