



Nourish Recipe

Poke Bowl

Servings: 4

Ingredients

1 lb sushi grade tuna, cubed

2 tsp of sesame oil

1 clove crushed garlic

2 Tbsp soy sauce

1 tsp freshly grated ginger

2 green onions, thinly sliced

1 tsp toasted sesame seeds

1 avocado, cubed

4 cups cauliflower rice



Hawaii, USA

Around the World At Home



This dish is traditionally made with rice, but using cauliflower rice instead significantly cuts down on the carbohydrates.



If you're worried your tuna is not quite sushi grade, pouring a little lemon juice over it is quick way to ensure it's clean and good to eat.



You can also substitute for salmon or cooked shrimp if you are worried about preparing raw fish.

What you'll need



measuring
spoons



measuring
cups



bowl

Poke Bowl

Instructions

1. Mix the soy (2 Tbsp), sesame oil (2 tsp), garlic (1 clove), sesame seeds (1 tsp), ginger (1 tsp) in a bowl. Add the tuna (1 lb) and mix well.
2. Cook the cauliflower rice (4 cups) in the microwave and set aside to cool. Place the cauliflower rice in a serving bowl.
3. Top with the tuna, some avocado and some green onions to garnish. Feel free to add a little chili to the mix.

Nutrition Facts

Servings 4

Amount Per Serving

Calories **259**

% Daily Value

Total Fat 13.6g **17%**

Saturated Fat 2.4g **12%**

Cholesterol 43mg **14%**

Sodium 329mg **14%**

Total Carbohydrate 9.3g **3%**

Dietary Fiber 5.1g **18%**

Sugars 1.9g

Protein 25.6g

Vitamin D 88mcg **442%**

Calcium 41mg **3%**

Iron 2mg **11%**

Potassium 286mg **6%**



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