

Fresh tuna poke bowl with mango, avocado, rice, marinated ginger dressing, Jalapeno peppers and Tobiko eggs |

Recipe for 4 portions / 12 tapas



Description

Very popular and trendy recipe you need in your cook book.

Note

You can easily make this recipe your own changing or adding some ingredients (salmon, radish, cucumber, watermelon, edamame, carrots, tofu, pineapple...)

Ingredients

Poke

- 250 Ml White rice
- 375 Ml Water
- 50 Ml Rice vinegar
- 20 Gr Sugar
- 6 Gr Salt
- 360 Gr Fresh tuna
- 2 Unit(s) Green onion
- 4 Tbsp Fries scallions
- 1 Unit(s) Avocado
- 1 Unit(s) Fresh mango
- 3 Tbsp Tobiko eggs
- 1 Gr Fresh ginger
- 1 Tbsp White and black sesame seeds
- 0.50 Unit(s) Jalapeno pepper

Ginger dressing

- 30 Ml White balsamic vinegar
- 30 Ml Olive oil
- 5 Gr Sea salt flakes
- 3 Turn(s) White pepper
- 1 Tbsp Japanese pickled ginger

Spicy mayonnaise

- 150 Ml Mayonnaise
- 1 Tsp Sriracha sauce

Preparation

- Preparation time **50 mins**

Prep

Sear the tuna on each side for 30 sec, pu aside on a paper towel and leave in the fridge.

Cisel the green onions.

Peel and dice the mango.

Dice the avocado.

Cisel the marinated ginger.

Rice cooking

Cook the rice for 14 minutes with the lid, remove from heat and let 5 minutes.

Season while still warm with sugar, salt and rice vinegar.

Dressing

Mix all the ingredients in a bowl

Dressing your plate

In a bowl, put some rice, add some dressing and some spicy mayonnaise.

Add 3 slices of tuna, ginger, avocado and mango.

Finish with onions, sesame seeds, fried shallots and the tobiko.

You can add a bit of dressing on top too.

Bon appétit!