

Fresh tuna poke bowl, mango, avocado, rice, marinated ginger dressing and Tobiko

Recipe for 4



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

- 500 Ml White rice
- 700 Ml Water
- 120 Ml Rice vinegar
- 30 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) Yellow mango
- 3 Tbsp Tobiko eggs
- 1 Gr Fresh ginger
- 1 Tbsp White and black sesame seeds
- 0.50 Tsp Jalapeno pepper

Ginger dressing

- 30 Ml White balsamic vinegar
- 30 Ml Olive oil
- 5 Gr Fleur de sel
- 3 Turn(s) White pepper
- 1 Tbsp Japanese pickled ginger

Preparation

- Preparation time **30.00 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.

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!