RECIPE

Brown Rice Poke Bowl with Sesame Cucumber

A cool, no-cook lunch bowl of soy-and-ginger tuna cubes over brown rice with edamame, avocado and a sesame cucumber and wakame side.

MAKES

4 servings US Metric

TOTAL

30 min

Ingredients

- [ ] 1 lb (16 oz, 454 g) fresh yellowfin tuna sold for raw use, cut in ¾-inch cubes
- [ ] 2 tbsp low-sodium soy sauce, for the tuna
- [ ] 2 tsp grated fresh ginger, for the tuna
- [ ] 4 medium scallions, thinly sliced, for the tuna
- [ ] 3 cups cooked brown rice, no salt in the water
- [ ] 1 cucumber (8¼ inches, 301 g), unpeeled, sliced thin
- [ ] 1 tbsp distilled white vinegar, for the cucumber
- [ ] 1 tbsp toasted sesame oil, for the cucumber
- [ ] 2 tbsp wakame seaweed, soaked and squeezed, chopped, for the cucumber

Method

1. Cook the brown rice in unsalted water and spread it on a plate to cool to warm or room temperature, and get it into the refrigerator within 2 hours (within 1 hour if the kitchen is above 90 °F, CDC) if you are making it ahead. Hot rice would cook the fish. Boil the edamame in unsalted water as the package says, drain and cool.

2. Keep the tuna in the refrigerator until you cut it. Use a board that only fish and raw meat touch, and cut the tuna in ¾-inch cubes with a clean, sharp knife. Wash the board, knife and your hands in hot soapy water when you finish.

3. In a bowl, stir the soy sauce, ginger and scallions. Fold in the tuna, cover, and refrigerate 10 minutes while you do the vegetables.

- [ ] 1 cup frozen shelled edamame, boiled in unsalted water and drained
- [ ] 1 cup cubed ripe avocado
- [ ] 2 tbsp sesame seeds, toasted

4. In a second bowl, toss the cucumber slices with the vinegar, sesame oil and wakame. Let them sit 10 minutes; the cucumber gives up a little water and makes its own sauce.

5. Divide the rice among four bowls. Add the edamame and the cucumber with its liquid. Spoon the tuna over the top, add the avocado, and sprinkle on the sesame seeds. Eat right away.