

Tuna Poke Bowl



Recipe By Amber

Penney Farms Princess

INGREDIENTS

2 ahi tuna filets
3 tbsp everything bagel seasoning
3 tbsp vegetable oil
8 oz. rice noodles

DRESSING

1 tbsp chili garlic sauce
2 tbsp vegetable oil
2 tbsp honey
Juice of 1 lime
½ tsp rice vinegar
Salt to taste

TOPPINGS

Napa cabbage, thinly sliced
1 Mango, thinly sliced
1 Lime
4 Radishes, thinly sliced
Carrots, julienned
Green Onion, sliced
Cilantro

INSTRUCTIONS

Begin by prepping your toppings. Slice the cabbage, peel and slice the mango, cut the lime into wedges, slice the radishes, julienne the carrots, slice the green onion and chop the cilantro.

Cut each tuna filet into 2 pieces, leaving you with a triangle and a rectangle. Pour the bagel seasoning onto a plate and roll each piece of tuna in the seasoning coating on all sides.

Cook the rice noodles according to package instructions. While the noodles cook, make the dressing.

For the dressing, whisk together the chili garlic sauce, vegetable oil, honey, lime juice, rice vinegar. Season with salt to taste. Set aside.

When the noodles are finished cooking, drain, and return them to the pot. Then, add the dressing, and toss to coat.

Preheat a large nonstick skillet over medium high heat, and drizzle with vegetable oil. When the pan and oil are up to temperature add in the tuna pieces. Sear on each side for about 30 seconds and remove from the pan.

Slice the tuna pieces into ¼ inch slices. Divide the rice noodles into 4 bowls and serve with tuna slices and toppings.