



tuna + brown rice + snow peas + cucumber + chives + furikake

Jeppled salmon + zucchini noodles + arugula + radishes + wasabi peas + pickled ginger

Pick a Poke

Give the grill a night off and make some poke. Pronounced *poke-ay*, this quintessential Hawaiian dish is typically just seasoned raw fish. Here we added options for those who aren't raw-fish fans, put it on top of rice and zoodles and loaded it up with veggies.

1 Prepare the Sauce

Keep things simple and make one master sauce to marinate your protein in and drizzle over the top.

Whisk $\frac{3}{4}$ cup thinly sliced **scallion greens**, $\frac{1}{4}$ cup **reduced-sodium tamari**, $1\frac{1}{2}$ Tbsp. each **mirin** and **toasted (dark) sesame oil**, 1 Tbsp. **toasted sesame seeds**, 2 tsp. grated fresh **ginger** and $\frac{1}{2}$ tsp. **crushed red pepper** in a medium bowl. Set aside 2 Tbsp. of the sauce in a small bowl.

2 Pick Your Protein

If you're using raw fish, buy it from a high-quality fish market and look for salmon and tuna labeled "frozen

at sea." (Raw fish may contain parasites, but commercial freezing kills them.) Cooked shrimp and extra-firm tofu are also great options.

Add 12 oz. **Protein** (cut into $\frac{1}{2}$ -inch cubes) to the sauce in the medium bowl and gently toss to coat. Set aside to marinate.

- Raw salmon or tuna, skinned
- Cooked shrimp
- Extra-firm tofu

3 Make a Base

Choose brown rice for a more substantial bowl or zoodles (zucchini noodles) for a lighter take.



tofu + zucchini noodles + pea shoots + carrot + basil + peanuts

shrimp + brown rice + cherry tomatoes + avocado + cilantro + sesame seeds

Toss 2 cups **cooked short-grain brown rice** or 4 cups **zucchini noodles** with 2 Tbsp. **rice vinegar**. Divide among 4 bowls.

4 Top 'Em Off

Almost any veggie tastes great on a poke bowl. A colorful mix feeds the eyes and offers the widest range of nutrients. For the sprinkles, think crunchy textures and complementary flavors.

Add two **Vegetables** to complete your meal (½ cup of each per bowl) and two **Sprinkles** (1 Tbsp. of each per bowl). Drizzle with the reserved sauce.

VEGETABLES

- Sprouts, pea shoots, peppery greens
- Thinly sliced radishes
- Thinly sliced cucumbers
- Thinly sliced snow peas
- Shelled edamame
- Diced avocado
- Diced bell peppers
- Halved cherry tomatoes
- Shredded carrot or beets
- Corn kernels

SPRINKLES

- Fresh herbs: basil, mint, chives *and/or* cilantro
- Sliced shiso leaves, nori

- Crushed wasabi peas
- Pickled ginger
- Gomasio, furikake, togarashi
- Toasted nuts *and/or* seeds

Active: 30 min **Total:** 30 min

Serves 4: 3 cups each

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