
Chef Michi's Poke Bowl

Description

Suggested Beverage Pairing:

Kona Brewing Co. Longboard Lager

Total time: 15 min Yield: 4 Servings

Ingredients

1/4 cup Greek yogurt
1 Tbsp mayonnaise
1/8 tsp prepared wasabi
2 Tbsp cucumbers (seeds removed, finely chopped)
garlic salt
1 lb ahi fillet (cut into 1/2 inch cubes)
1 tsp sesame oil
1 1/2 tsp regular or low sodium soy sauce
white truffle oil (drizzle (optional))
1 tsp dry steak seasoning
2 Tbsp tobiko (fish eggs)
2 Tbsp green onion (chopped, green parts only)
4 cup white or brown rice (cooked)

Prep Time: 15 min Total Time: 15 min

Instructions

Make the sauce by combining the Greek yogurt, mayonnaise, wasabi, and chopped cucumber in a small bowl. Season to taste with garlic salt and set aside.

In another bowl, toss the ahi with the sesame oil, soy sauce and the truffle oil, if using. Sprinkle with the steak seasoning and toss again, then gently fold in the tobiko eggs and green onion.

To serve, make four even portions of rice and poke, and top each serving with a dollop of the yogurt sauce.

Recipe brought to you by:

Chef Michi Holland