



AHI TUNA POKE BOWLS



50 STATES
☆☆☆
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

For the tuna:

- ★ 1 tablespoon coconut aminos
- ★ ½ teaspoon rice vinegar
- ★ ¼ teaspoon toasted sesame oil
- ★ ½ teaspoon freshly grated ginger
- ★ ¼ teaspoon honey
- ★ ¼ teaspoon toasted sesame seeds
- ★ 1 scallion, thinly sliced, whites and greens separated
- ★ 4 ounces sushi-grade ahi tuna, cubed

For the sriracha mayo:

- ★ 1½ tablespoons light mayonnaise
- ★ 1½ teaspoons sriracha

For serving:

- ★ 1 cup cooked brown rice
- ★ ½ cup edamame
- ★ ½ cup thinly sliced Persian cucumber (2.2 ounces)
- ★ ½ ripe but firm avocado, diced (2 ounces)
- ★ ½ cup diced mango (3.4 ounces)
- ★ ¼ cup thinly sliced into strips radish (1.2 ounces)
- ★ ¼ cup packed cilantro leaves and tender stems, roughly chopped
- ★ Furikake, to garnish, optional

DIRECTIONS

In a medium bowl, whisk together the coconut aminos, rice vinegar, sesame oil, ginger, honey, sesame seeds, and scallion whites, reserving the greens for garnish. Add the tuna to the bowl and toss to thoroughly coat, then cover and chill, at least 15 minutes and up to 1 hour. Meanwhile, whisk together the mayonnaise and sriracha and set aside, chilled, until ready to use.

To assemble, divide rice and marinated tuna between two bowls. Top with edamame, cucumber, avocado, mango, radish, and cilantro. To finish, drizzle with sriracha mayo and garnish with the scallion greens and a sprinkle of furikake.

Serving Size and Nutritional Information:

Serves 2 (Serving Size 1 Bowl = 351g)

370 Calories Per Serving, **11g** Total Fat,

46g Total Carbohydrates, **23g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at MyType2Transformation.com.



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