



## Sticky Rice Tuna Poke Bowl with Sesame

### Ingredients

- ¼ cup soy sauce
- ¼ cup orange juice
- 2 tbsp. white miso
- 2 tbsp. honey
- 4 tsp minced fresh ginger
- 1 tbsp. sesame oil
- 2 cups Carolina® Short Grain Rice
- 8 oz. (16 pieces) tuna, cubed
- ¼ lb. asparagus spears, trimmed and blanched
- 2 cups shredded carrots
- 1 ripe avocado, halved, pitted, peeled and sliced
- 1 ⅓ cups shelled edamame, cooked
- ¼ cup pickled ginger

- 2 tbsp. toasted sesame seeds

## Instructions

If you love discovering **new recipes and flavors**, you should try making a **homemade version of traditional Hawaiian Poke Bowls**. It's easier than you would ever expect and astonishingly delicious. Cook Carolina® Rice (<https://carolinarice.com/products/short-grain-rice/>) and your only concern will be chopping and arranging the other recipe ingredients.

### Step 1

Cook **Carolina® Short Grain Rice** according to package directions. Set aside to cool. In the meantime, whisk together soy sauce, orange juice, miso, honey, ginger, and sesame oil.

### Step 2

Divide cooled rice among four bowls. Arrange tuna, asparagus, carrots, avocado, edamame, and pickled ginger over the top. Drizzle with dressing. Sprinkle with sesame seeds.

## What's a Poke Bowl?

You may have heard of **Poke Bowls**, but what exactly are they? Some people consider them to be average **rice salads topped with raw fish**, but without the leafy greens. Others define them as **deconstructed sushi rolls**. The truth is, this dish is part of **traditional Hawaiian Cuisine** made with raw fish. As a fun fact, its name comes from the Hawaiian word for 'to slice' or 'to cut'.

Now that the essentials are cleared up, let's get down to the **anatomy of an authentic Hawaiian poke bowl!**

## The Perfect Poke Bowl

The proper **Hawaiian inspired rice bowl** is compiled of fresh **vegetables** and **raw fish** served over hearty **sticky rice**. Different

sauc**es**, **dressings**, and **toppings** can be added to make the recipe more exciting.

**Rice:** To get **sushi-like textured rice**, we recommend you use Carolina® Short-Grain Rice

(<https://carolinarice.com/products/short-grain-rice/>). Short Grain Rice is the right rice for the job, as when cooked, the grains become more compact and form **sticky rice**. If you want to **boost the grain flavors**, drizzled the cooked and cooled rice with a mixture of rice vinegar, water, and white sugar.

**Fish:** Make sure to prepare your Poke Bowl with sushi-grade and **high-quality raw fish**.

This recipe calls for tuna but, feel free to **substitute in your preferred seafood**. For the **salmon lovers** – check out our Salmon Poke Bowl recipe (<https://carolinarice.com/recipes/sticky-rice-salmon-poke-bowl/>).

**Sauces and Dressings:** Soy sauce is the most commonly used sauce to **enhance the flavor of the bowl**. But, that doesn't mean it's the only alternative you've got. Get creative and try different **savory dressings** or whip up your own **mayo-based drizzle**. Try out some ponzu, sesame seed oil, hot chili sauce, or fish sauce.

**Toppings:** **Avocado is the go-to** topping for poke bowls with its **creamy texture and flavor** that keeps the balance. The best part of Poke Bowls is that the recipe is a 100% customizable and can be adapted to everybody's preferences.

**Pro-tip:** For an added **spicy boost**, sprinkle a bit of **togarashi spice blend** on top.