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Ahi Tuna Poke

★★★★★ **4.5** (184)[149 REVIEWS](#)[39 PHOTOS](#)

This easy poke recipe is a refreshing Hawaiian salad of fresh ahi tuna steak cubes tossed with soy sauce, sesame oil, and green onions for a dish full of umami flavor. I like to add chopped macadamia nuts even though they are not authentic — they add a delicious crunch! This makes 4 main course servings or 8 appetizer servings.

Submitted by **Josh Chan** | Updated on February 28, 2023✔ Tested by [Allrecipes Test Kitchen](#)[Save](#)[Rate](#) ☆[Print](#) 🖨️[Share](#) ➞[SKIP TO CONTENT](#)

Servings:

4

Yield:4 main course
servings[Jump to Nutrition Facts](#)

When you find yourself with fresh ahi tuna steaks, may we suggest you use them to make our delicious ahi poke recipe? Tuna poke is one of the easiest seafood dishes you can make (seriously, it only takes 15 minutes to prep) and you will never be disappointed by the rich umami flavors the fish has to offer.

Whether you're serving it on its own, in a poke bowl, or as a seafood appetizer, this poke recipe needs to be saved to your collection immediately. You can thank us later for introducing you to the best and most versatile poke recipe on the internet.

What Is Poke

Poke (pronounced POE-keh) is a Hawaiian word "to slice or cut." That's because poke is traditionally sliced and marinated in a savory, umami-rich green onions.

Poke can be eaten as is, but it's typ

SKIP TO CONTENT like rice, vegetables, and more...

Soy Sauce

Soy sauce provides umami-rich flavors.

Sesame Oil

Sesame oil lends a nutty flavor to the marinade.

Green Onions

Green onions add color and a hint of flavor.

Toasted Sesame Seeds

Toasted sesame seeds will add a crunch to the poke as well as a light nutty flavor.

Macadamia Nuts

Macadamia nuts provide a little crunch to go with the soft fish.

Crushed Red Pepper (Optional)

Use the red pepper if you like a little heat.

How to Make Poke

Making poke is so incredibly easy.
and allow it to marinate in the fridge.

How to Serve Poke

We love serving poke in a poke bowl.

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How to Store Poke

Poke doesn't last that long because the fresh fish can start to go bad. So, poke is best eaten the day-of or the next day.

However, you can store poke in an airtight container in the fridge for up to two days.

Allrecipes Community Tips and Praise

"Love this recipe. Every time I serve this at a party, I always get requests for the recipe. It tastes great served on fried wonton chips and also on toast points. It's a winner and a keeper," raves [foodie](#).

"I will definitely make it again! I added some seaweed salad and shredded carrots. I did not use any nuts. We ate it on a bed of Jasmine rice. Wonderful," according to [Brenda Habegger Lyvers](#).

"Simple, great tasting poke. Everyone I make it for, loves it. Never knew it could be so easy. The only *, would be that the red chili's can get spicy if you don't measure exactly. Besides that, eat

Editorial contributions by [Bailey F](#)

Ingredients

2 pounds fresh tuna steaks, cube

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ce

1 tablespoon crushed red pepper (Optional)

Directions

Step 1

Gather all ingredients.



Overhead shot of measured ingredients gathered for ahi tuna poke

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Step 3

Serve over rice.

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I MADE IT

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Nutrition Facts (per serving)

396	14g
Calories	Fat

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Reviews (149)

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ADD RATING & REVIEW

★★★★☆ 4.5 out of 5

184 Ratings

5 ★	115
4 ★	54
3 ★	6
2 ★	4
1 ★	5

Most helpful positive review

**TRUCKERDOO**

★★★★★ 12/05/2001

FANTASTIC. I would recommend halving the amount of soy, so you can enjoy the delicate flavor of the tuna. I used 1/4 cup of soy/teriyaki sauce (for 1 pound of tuna) and it was the perfect amount. I too omitted the nuts and instead of red pepper I dusted a

 [Helpful \(162\)](#)

**Allrecipes Member**

02/13/2023

No! Good combo except look to other recipes for a better level of saltiness. Need only about 1/4-1/2 of the soy this recipe calls for.

[Helpful \(0\)](#)**Allrecipes Member**

05/23/2022

Awesome starting point, delicious! Take it from this kama'aina, there are as many poke recipes in da islands as there are fish in the sea. Yes, select ingredients and quantities that enable you to taste the fish, but don't let the "traditionalists" comments sway your style. If you like macadamia nuts, throw them in there, maybe toast them first like I do. If you don't like seaweed or ginger is too overpowering, then omit them. Shallots in [Read More](#)

[Helpful \(2\)](#)**Allrecipes Member**

05/15/2022

I added a little citrus (1/2 lemon/orang
subbed chili oil for the red pepper. DELI

[Helpful \(1\)](#)[SKIP TO CONTENT](#)

**Jeff Cohrs**

05/23/2021

Minus the macadamia... That's not a good addition lol

[Helpful \(0\)](#)**Allrecipes Member**

04/13/2021

This is FAR too salty, way too much soy sauce. We ate it because the tuna was expensive, but, no no no, cut the soy sauce to, MAYBE, 1/4 cup, maybe less.

[Helpful \(0\)](#)**Brent BeSaw**

02/12/2021

Made it, loved it! One basic change... u flavor...Thank you...

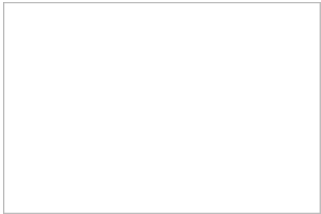
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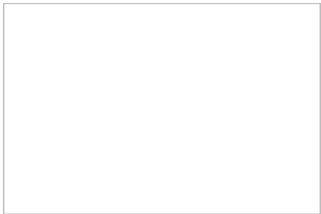
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 an overhead shot of parmesan crusted chicken on a white plate

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★★★★☆

 watermelon "tuna" poke bowl on a marble

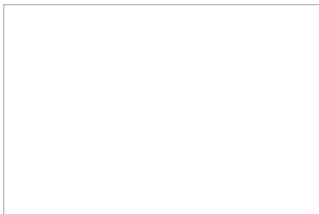
WATERMELO
Watermelo
★★★★☆

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Ahi Shoyu Pok
chives and sesame
seeds in a glass bowl

Ahi Shoyu Poke


★★★★★ 5 Ratings



TUNA

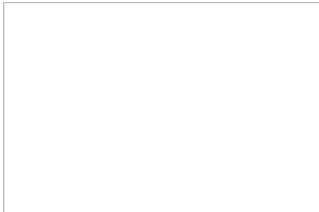
Seared Sesame-Crusted Ahi Tuna

★★★★★ 2 Ratings

 Grilled Zucchini
with Tomatoes and
Mint

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TUNA


**Seared Ahi
Marinade**

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Tuna Poke

★★★★★ 3 Ratings

 Soba with Toasted Sesame Seed Sauce on a white plate

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 close up view of Ahi Poke Salad on a white plate

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Ahi Poke Salad

★★★★★ 21 Ratings

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SALMON

Mainland Poke

 TUNA

Ahi Tuna ar

★★★★★

 seared tuna with sauteed apple rice

TUNA

Seared Ahi

★★★★★

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