

Ahi Tuna Mango Poke – Anthony Salemme

By Anthony Salemme – contributing chef – for RINewsToday



Serves 2

I am a huge fan of sushi, Tuna tostadas, and Poke and have always ordered it at restaurants. Not being the best at cooking Asian style food, this particular meal is actually Hawaiian. This was so easy to make and way less expensive than ordering it out.

12 ounces Ahi Tuna, diced
3 cups cooked brown rice (still warm)
1 mango, peeled and diced
½ English cucumber, diced
4 green onions, chopped fine
¼ red pepper, sliced thin
1 avocado, peeled, pitted, and diced
2 Tablespoons wasabi
1 Tablespoon rice wine vinegar
¼ cup soy sauce
2 teaspoons ginger, freshly grated
2 teaspoons chili garlic sauce
2 teaspoons toasted sesame seeds

Mix the tuna, sesame seeds, green onions, chili garlic sauce, soy sauce, ginger, rice wine vinegar and soy sauce and let marinate for 15 – 30 minutes in the refrigerator.

Divide the rice into 2 bowls and build it up. Tuna, avocado, mango, cucumber, red pepper slices, avocado and half the wasabi on each one.

Serve immediately.