

# Tuna Poke bowl, spicy mayo, edamame, sesame, green onion |

Recipe for 12 Tapas



## Description

So tasty this hawaiian poke bowl!

## Note

You can use salmon or another fish instead of tuna!

Vous pouvez aussi le présenter sous forme de plat pour 4 pers.

## Ingredients

### Poke

- 500 Ml White rice
- 750 Ml Water
- 60 Ml Rice vinegar
- 100 Gr Edamame (soybeans)
- 30 Gr Japanese pickled ginger
- 1 Tbsp Sesame seeds
- 400 Gr Fresh tuna
- 2 Unit(s) Green onion
- 4 Tbsp Fries scallions
  
- Salt and pepper
- Vegetable oil

### Mayonnaise

- 1 Unit(s) Egg yolk
- 1 Tsp Dijon mustard
- 1 Unit(s) Lemon juice
- 1 Tsp Sriracha sauce
  
- Salt and pepper
- Vegetable oil

## Preparation

- Preparation time **45 mins**

### Prep

Cook the edamame in a large pot of boiling salted water for 4 minutes.

Slice the tuna in 2 to 3 mm slices thick.

Cisel the ginger and the green onion.

## Rice

Cook the rice in a pot with a lid for 14 minutes.

Remove from heat and leave aside for 5 minutes.

Season when still warm with sugar, salt and rice vinegar.

## Mayonnaise

Mix the egg yolk with mustard and leave aside for 5 minutes.

Mix non stop with a whisk slowly adding the oil.

Add the lemon juice and the sriracha sauce and season to taste with sea salt and white ground pepper.

## Plating

In the bottom of your plate, put some rice with spicy mayo, add more rice.

Add 3 slices of tuna, ginger, edamame and more spicy mayo.

Garnish with green onion, sesame seeds and fried shallots.

**Bon appétit!**