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SOUTH DAKOTA 57701

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## Spicy Tuna Poke Bowl

Makes 2 bowls

We love food that tastes good and looks good too! This beautiful bowl highlights the fresh flavors of jewel-like raw ahi tuna. Also known as yellowfin tuna, the freshness and quality of the fish are key to this dish, so make sure to find high-quality, sushi-grade tuna. Accompanied by creamy avocado, spicy mayo, and crisp nori, plan to make and eat these bowls the day you purchase the poke. This is a dish best enjoyed fresh and immediately!

### ***Tuna Marinade Ingredients:***

1 teaspoon minced shallot  
2 tablespoons soy sauce  
1 teaspoon mirin  
1/4 teaspoon cayenne  
1 teaspoon crushed seaweed (nori)  
1 teaspoon sesame oil  
1/2 pound sushi grade ahi tuna, cut into 1/2" cubes

### ***Sushi Rice Ingredients:***

1 cup white sushi rice  
1 cup water  
1 tablespoon rice vinegar  
1 teaspoon white sugar  
1 teaspoon salt

### ***Spicy Mayo Ingredients:***

3 tablespoons full fat mayo  
2 tablespoons sriracha  
1 teaspoon freshly squeezed lemon juice

### ***Bowl Ingredients:***

1/2 English cucumber,  
peeled and diced into 1/2" cubes  
1 avocado, sliced  
3 green onions, cut on the bias  
1 teaspoon black sesame seeds  
1 teaspoon sesame seeds  
Seaweed (nori), cut into strips  
Pickled ginger (optional)

### ***Directions:***

1. Combine all of the marinade ingredients except for the tuna in a large bowl. Whisk to incorporate. Add the cubed tuna to the marinade and gently toss the fish in the marinade to coat. Cover and refrigerate for 60 minutes.
2. Meanwhile, prepare the rice. Rinse the rice in a colander until the milky water runs clear. Combine rice and water in a medium saucepan, cover, and bring to a boil. Once boiling, reduce the heat to low and cook for an additional 15 minutes, until the rice is soft and fluffy and the water has been absorbed. Remove from heat and cool until the rice is warm, but not hot.
3. While the rice is cooling, combine the vinegar, sugar, and salt in a small saucepan and bring to a simmer until the salt and sugar have dissolved, about 2 minutes. Remove from heat and carefully stir the vinegar into the rice.
4. Combine the spicy mayo ingredients in a bowl, and whisk to incorporate.
5. Assemble the poke bowls by layering the rice on the bottom of a shallow bowl, then adding a portion of marinated tuna next to the cucumber, avocado, green onion, and nori. Drizzle with the spicy mayo, sprinkle with the sesame seeds, and serve with pickled ginger if desired.