

# HEALTHY COOKING

*at Niemann Harvest Market!*

## AHI TUNA POWER BOWL with forbidden rice

1/2 lb Ahi Tuna  
1 C Forbidden Black Rice  
1 T Sesame Seeds

2 T Sesame Oil  
1/4 C Soy Sauce  
1/4 C Rice Vinegar  
1/4 C Pickled Ginger  
1 tsp Fresh Garlic  
2 T Peanut Butter  
1 T Fresh Lemon Juice

1/2 Avocado  
1/4 C Snow Peas  
1/4 C Radish  
1/4 C Shredded Carrots

1 T Sprouts  
1/4 C Scallion  
1 T Toasted Flax Seeds  
1 T Furikake  
1 T Chili Crunch

Serves 2

### PREP

#### Step 1—the tuna

Portion into 4oz sushi 'blocks.' Coat with sesame.

#### Step 2—the rice

Rinse well until water runs clear.

#### Step 3—the veggies

Slice & dice into desired shapes.

### COOK

#### Step 1—the rice

Bring 2 C water to a boil. Add 1 T sesame oil & a splash of soy sauce. Add 1 C rice and simmer, appx 25 min. Set aside to rest. Fluff to serve.

#### Step 2—the dressing

Add all ingredients to a blender, blend until smooth.

#### Step 3—the veggies

If desired, in a stainless sauté pan on med-high heat, briefly sear the snow peas and carrots. Cool.

#### Step 4—the tuna

In a stainless sauté pan on med-high heat, add 1 T sesame oil. Briefly sear sesame-coated tuna for 30 seconds on all sides. Let rest. Thinly slice as desired.

### PLATE

Scoop rice into 2 bowls. Arrange veggies to your delight (snow peas, carrots, avocado, radish, or whatever you fancy!). Place sliced tuna in the middle. Dress with peanut-ginger dressing. Garnish with scallions & toasted flax seeds (furikake, chili crunch, or even sraracha if desired). Enjoy!