

OVERALL time: 15 mins

TUNA & QUINOA POKÉ BOWL

Fabulously lean, packed with good-for-you protein and loads of veg, it's our tuna and quinoa poké bowl! The really big plus? It's delicious too, with a wonderfully nutty tahini ginger sesame dressing.

(Note: If you are using a mobile device to see this recipe, please ensure you view it on a landscape format so the ingredients can display properly).

Metric

Number of servings : 2

ingredients

For the dressing

- 15 ml Rice vinegar
- 15 ml Vegetable Oil
- 7.5 ml Sesame Oil
- 5 ml Tahini
- 5 ml Grated fresh ginger
- 5 ml Dark soy sauce
- 7.5 ml Honey

For the Tuna

- 7 ml Dark soy sauce
- 15 ml Vegetable oil
- 5 ml Sesame oil
- 10 ml **Cape Herb and Spice Poké Spice**
- 250 g Sashimi- quality raw tuna steak

For the bowl

- 300 g Cooked quinoa
- 240 g Baby spinach
- 1 Spring onion, very finely sliced
- 1 Mediterranean cucumber, sliced
- 1 Avocado

- Juice of half a lime

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 0 mins

Whisk together the dressing ingredients and set aside.

Slice the tuna into bite-sized blocks. Whisk together the rest of the tuna ingredients. Pour it over the tuna.

Slice the avocado into bite-sized blocks and drizzle over lime juice to prevent it from discolouring. Divide the veggies and quinoa between two bowls. Add the tuna. Serve with the dressing on the side.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

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