

## **Canned Tuna Poke Bowl**

Total time: 10 minutes. Serves: 2.

### Ingredients:

1 can tuna, drained or other cooked, canned fish  
1/2 tsp sesame oil  
1/4 tsp soy sauce  
1 tsp lemon juice  
1 green onion, sliced  
1 carrot, shaved into ribbons  
2 celery stalks, diced  
1 cup cooked, cooled rice  
1 cup cucumber, cubed  
½ bell pepper, diced  
1 avocado, peeled and sliced, optional  
3 tbsp extra-virgin olive oil or other oil  
1.5 tsp red wine vinegar  
Sesame seeds, optional

### Equipment:

Can opener, Colander, Cutting board, Measuring cups, Measuring spoons, Mixing spoon, Sharp knife, Fork, Large bowl, Y-peeler (optional)

### Instructions:

1. In a small bowl, mix tuna with sesame oil, soy sauce, lemon juice. Set side
2. Prep vegetables: using a peeler, slice the celery stalks and pepper, cut cucumber into cubes, and thinly slice the green onion. Shred the carrot to create ribbons with a y-peeler if available or slice into matchstick size pieces.
3. Assemble bowl by splitting ingredients between the two bowls.
4. Drizzle with olive oil and red wine vinegar (add more, to taste).

### Notes:

There are many other toppings that work well in a poke bowl, try edamame, nuts, pickled ginger, tofu, tomatoes, cilantro, jalapenos, radishes, mango, pineapple, seaweed, sprouts, cabbage, variety of sauces...the possibilities are endless.

Adapted from: <https://www.realgoodeats.ca/easy-10-minute-canned-tuna-poke-bowl/>