



THE ORIGINAL MAUI AHI TUNA BOWL



TIME TO PREPARE
90 minutes



COOK TIME
60 minutes



SERVING
4 People



PREPARED FOR
<https://mauiribs.com>

Ingredients

Tuna

- 2lbs Sushi-grade albacore Tuna Loin
- 1/3 cup The Original Maui Sauce
- 1tbs sesame oil

Poke Sauce

- 1/2 cup smooth peanut butter
- 1/4 cup The Original Maui Sauce
- 3/4 cup water
- 1tbs chili garlic sauce

Sushi Rice

- 1 1/2 cups sushi rice
- 2 cups water
- 2 teaspoons sea salt
- 2 tbs seasoned rice vinegar
- 1 tbs sugar

Steps to Cook

1. In a large mixing bowl, whisk The Original Maui Sauce / Marinade and the sesame oil. Add the tuna loin and turn to coat. Place in refrigerator and marinate for at least 1 hour.
2. While fish is marinating, prepare sushi rice. Rinse rice until water runs clear. Add rice, water and 1 teaspoon salt to a medium size saucepan and bring to a boil over medium high heat. Reduce heat to low, cover and cook until rice is tender, approximately 20 minutes. Turn heat off and set aside. Do not open lid.
3. In a small bowl, add rice vinegar, sugar and 1 teaspoon salt. Whisk until sugar and salt is dissolved. Add vinegar mixture to the warm rice and using a wooden spoon, stir and fluff the rice until well combined. Set aside.
4. Bring a small saucepan of salted water to a boil. Add frozen Edamame and cook for 90 seconds. Drain and set aside.

Poke Salad

- *½ English cucumber, thinly sliced*
- *6 radishes, thinly sliced*
- *1 avocado, cubed*
- *1 cup frozen edamame*
- *½ cup wakame (seaweed salad)*
- *2 stalks green onions, thinly sliced*
- *Black sesame seeds*

5. For the Poke Sauce, in a small saucepan, add peanut butter, The Original Maui Sauce / Marinade, water and chilli garlic sauce. Whisk to combine. Bring to a boil on medium high. Reduce heat and simmer, while whisking, for 3 minutes until sauce is thickened. Set aside.
 6. Heat a non-stick skillet over medium high heat. When skillet is hot, remove tuna from marinade and sear tuna for 60-90 seconds on each side.
 7. Remove from skillet and with a very sharp knife, slice into 1/4 inch thick slices.
 8. To serve, divide the sushi rice among 4 bowls. Then top with the seared tuna, sliced cucumber, radish, cubed avocado, 1/4 cup edamame, and 1/8 cup wakame. Drizzle with Poke Sauce plus extra on the side for dipping. Garnish with black sesame seeds and sliced scallions.
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