



The poké trend continues to grow in popularity. This fusion-inspired version combines fiery flavors of S'chug Paste with a quick ponzu and sesame seeds.

S'chug Spiced Poké Bowl with Pita Chips

Yield: 4 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (per serving)
Soy sauce	3 tbsp	Calories 310 Fat 18g Cholesterol 45mg Sodium 1010mg Carbohydrate 9g Fiber 2g Sugars 3g Protein 29g
SupHerb Farms Fusions® S'chug Paste	2 tbsp	
Fresh lemon juice	1 tbsp	
White wine vinegar	1 tbsp	
Mirin	1 tbsp	
Minced fresh ginger	1 tbsp	DIETARY STATEMENTS
Toasted sesame oil	2 tsp	Vegetarian / Vegan Dairy Free Egg Free
Sushi-grade tuna, diced into 1/4-inch cubes	1 lb	
Scallions, thinly sliced	2	
Large ripe avocado, diced	1	
Mix of toasted black and white sesame seeds	1 tbsp	

PREPARATION

1. Whisk soy sauce, S'chug Paste, lemon juice, vinegar, mirin, ginger and sesame oil.
2. Add tuna and half of the scallions; cover and refrigerate at least 2 hours or up to 4 hours.
3. Gently stir in avocado and half of the sesame seeds.

TO SERVE

Sprinkle with remaining scallions and sesame seeds. Serve with homemade pita chips or crispy fried wonton wrappers.

TIPS

- Also excellent served on bed of cooked and chilled sushi rice and garnished with julienne strips of toasted nori.
- White wine vinegar can be replaced with unseasoned rice vinegar.