



Makes: 4 servings as a starter, 2 as a main course

Prep Time: 10 minutes

Total Time: 15 minutes

Tuna Poke

- 2 tsp dried wakame (see Chef's Note)
- 1 tsp dried hijiki (see Chef's Note)
- 12 ounces raw sashimi-grade tuna, cut into 1/2-inch cubes
- 3 ounces sweet onion, such a Maui or Vidalia, cut into 1/4-inch dice
- 1 scallion, thinly sliced
- 1 tsp white or black sesame seeds, or a mix
- 1 tbsp soy sauce
- 2 tsp toasted sesame oil
- 1 tsp honey
- Crushed red pepper, to taste (optional)
- Kosher salt
- Steamed Rice (if serving as a main course)

Place wakame and hijiki in separate small bowls. Cover with boiling water and let rest until rehydrated and tender, about 5 minutes. Drain and press with paper towels. Roughly chop wakame. Add wakame and hijiki to a large bowl.

Add tuna, onion, scallion, sesame seeds, soy sauce, sesame oil, honey and crushed red pepper (if desired) to bowl. Season with a small pinch of Kosher salt and gently fold to combine. Taste and adjust with more soy sauce, sesame oil, honey, or crushed red pepper as desired. Let sit 5 minutes at room temperature, then serve on its own or on top of steamed rice.

Chef's Note:

The ingredients needed to really make this poke pop are easily available online or at an Asian grocer.