

RECIPE

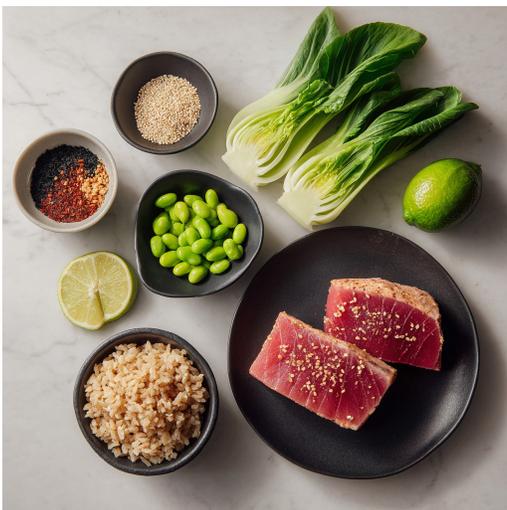
Seared Ahi Tuna Bowl

SERVES: 2

FRESH AHI TUNA, bright vegetables, and wholesome grains come together in this Asian inspired dish. Quick to make and bursting with flavor, it's the perfect recipe for a clean, vibrant meal any day of the week.

INGREDIENTS

- 2 4-oz ahi tuna steaks
- 1 tbsp toasted sesame oil, divided
- ¼ tsp garlic powder
- Salt and pepper to taste
- 3 cups chopped bok choy
- 1 tsp grated, peeled fresh ginger
- ¼ tsp crushed red pepper flakes (optional)
- ½ cup shelled edamame
- 1 cup cooked brown rice
- 2 tbsp low-sodium tamari or soy sauce
- 2 tsp toasted sesame seeds
- 2 lime wedges



INSTRUCTIONS

- 1 **HEAT** a medium skillet over medium-high. Coat each tuna steak evenly with ½ tsp of the oil. Season with garlic powder and salt and pepper.
- 2 **ADD** tuna to pan and cook until medium-rare, 1½ -2 minutes per side, or to desired degree of doneness. Remove tuna from pan and cut into slices.
- 3 **HEAT** remaining 2 tsp oil in pan over medium-high. Add bok choy, ginger, and pepper flakes, if desired. Stir-fry until crisp-tender, 2-3 minutes.
- 4 **STIR** in edamame and salt and pepper. Cook until heated through, 1-2 minutes.
- 5 **DIVIDE** rice evenly between 2 shallow bowls. Top evenly with tuna and vegetables. Drizzle evenly with tamari and sprinkle with sesame seeds.
- 6 **SERVE** with lime wedges.

NUTRITIONAL INFO PER SERVING

CALORIES

401

PROTEIN

38g

FIBER

4g