

Ahi Bowls

Sara C



Servings: 4

1. Using outdoor grill, rub grill lightly with oil (use tongs and a saturated, folded square of paper towel), then place ahi over high heat until grill marks appear. Turn ahi over and repeat. Do not cook for more than about 45 seconds on each side - you want grill marks on the outside but the ahi to be rare/raw in the middle. Remove to a cutting board and cut across the grain into thin slices. Quickly serve while it's still hot.
2. If preferred, use a very large platter and place salad ingredients in decorative piles, with ahi in the middle. Serve rice on the side. For each serving, place rice and/or salad on bottom of bowl. Arrange each veggie separately around edge of bowl. Place just-off-the-grill sliced Ahi in center. Sprinkle cilantro on top. Drizzle with terriaki and wasabi sauce.

1 pound ahi tuna (4 oz filets) seasoned with blackened spices

CITRUS RICE:

- 1 cup white rice
- 1/2 cup lemon juice
- zest from 1 lemon
- 1 1/2 cups water
- salt to taste

SALAD:

- 1 cup carrots, julienned
- 1 cup cucumbers, julienned
- pickled ginger (optional)
- 1 whole avocado, sliced
- 1/2 cup cilantro
- 4 cups fresh spinach

Terriaki Sauce

Wasabi Sauce (not straight wasabi)

Per Serving (excluding unknown items): 438 Calories; 9g Fat (26.3% calories from fat); 7g Protein; 50g Carbohydrate; 4g Dietary Fiber; 53mg Cholesterol; 115mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 1 1/2 Fat.

Carolyn T's Blog: tastingspoons.com