

15 minute gluten free poke bowl

Andrew's favorite lunch, made at home and totally gluten free!

gluten free | dairy free | nut free

serves 2 | prep 10 min | cook 5 min | no cook option

INGREDIENTS

- 1/2 cup Tasty Bite sticky rice (microwavable) or any sticky or sushi rice, cooked
- 8 oz sushi grade tuna, sushi grade salmon, air fried cooked salmon, or grilled chicken
- 2 tbsp gluten free soy sauce, coconut aminos, liquid aminos, or tamari (for marinating)
- Pinch of garlic powder (for marinating)
- 1/4 avocado, sliced
- 1/4 cucumber, chopped
- 1/4 cup edamame (plain, no sauce)
- 3 to 6 radishes, sliced
- 2 tbsp shredded carrots
- 1 green onion, chopped
- 2 tbsp Lee Kum Kee gluten free spicy mayo
- 2 tbsp Lee Kum Kee honey sriracha sweet and spicy sauce (labeled gluten free)
- 1 to 2 tbsp gluten free crispy onions (from the Wegmans sushi section!)

DIRECTIONS

1. Heat **1/2 cup Tasty Bite sticky rice** in the microwave according to package instructions. Let cool slightly so it is warm not hot.
2. If using raw fish, toss **8 oz sushi grade tuna or salmon** in **2 tbsp gluten free soy sauce** and a pinch of garlic powder and let sit for a few minutes. Cut into small bite-sized cubes. If using cooked salmon, air fry until fully cooked through then slice or cube. If using chicken, grill fully and cut into **1 inch chunks**.
3. Add the warm rice to two bowls as your base.
4. Arrange the protein, **1/4 sliced avocado, 1/4 chopped cucumber, 1/4 cup edamame, 3 to 6 sliced radishes**, and **2 tbsp shredded carrots** on top of the rice.
5. Drizzle **2 tbsp spicy mayo** and **2 tbsp sweet and spicy sauce** over everything.
6. Top with **1 chopped green onion** and **1 to 2 tbsp gluten free crispy onions**.
7. Serve immediately and enjoy!

STORAGE + MEAL PREP TIPS

- **Raw fish:** Make only as much as you will eat in one sitting. Do not save raw fish leftovers!

- ▶ **Cooked protein:** Store everything together in an airtight container in the fridge for up to 3 to 4 days.
- ▶ **Meal prep tip:** Chop and store all toppings separately ahead of time so assembly takes about two minutes. Keep rice, protein, and toppings in separate containers and assemble right before serving.

CELIAC SAFETY REMINDER

- ▶ **Soy sauce:** Regular soy sauce contains wheat and is NOT celiac safe. Always use gluten free soy sauce, coconut aminos, liquid aminos, or tamari. Check the labels on your spicy mayo and sweet and spicy sauce too!

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