



the SPICY
grass
hopper

ROASTED WATERMELON "TUNA" POKE



INGREDIENTS

- 8 cups of seedless watermelon, cubed into 1" cubes
- 1/3 cup of soy sauce
- 2 Tbsp rice vinegar
- 1 Tbsp lemon juice
- 2 Tbsp fresh ginger, grated or minced
- 2 stalks of green onion, chopped finely + additional for garnish
- 2 Tbsp sesame oil
- 1 Tbsp dried wakame, crushed finely
- 1 tsp Hawaiian sea salt or pink Himalayan salt
- 1/4 tsp gochugaru (Korean red chili powder) or finely crushed red pepper flakes
- 2 cups of cooked short-grained or sushi rice, room temp
- Dash of seasoned rice vinegar
- 1 tsp white or black sesame seeds, or a mix

Yield: 3-4 Servings

EQUIPMENT

- Sharp Knife
- Cutting Board
- Microplane
- Medium Bowl
- Baking Sheet

**Chef Tips/Notes:**

Feel free to add additional chopped veggies, seaweed salad, edamame, avocado, or anything else to enhance your poke bowl!

INSTRUCTIONS

1. Preheat oven to 375°F.
2. In a bowl, combine the soy sauce, rice vinegar, lemon juice, ginger, green onions, sesame oil, wakame, salt and gochugaru together until well combined.
3. While the ingredients marinate, cube the watermelon into 1" cubes.
4. Once cubed, gently toss the watermelon in with the sauce. Adjust the seasoning to your liking.
5. Place the watermelon cubes on a baking sheet in a single layer and roast for 45 minutes - 1 hour at 375°F. The watermelon cubes will have shrunk and simulate the texture and look of raw tuna.
6. Allow for the watermelon "tuna" to cool completely and refrigerate for at least 1 hour to chill. You can make this in advance for the next day at this stage.
7. Once chilled, serve the watermelon "tuna" over rice, add dash of rice vinegar to the hot rice, sprinkle with the sesame seeds and additional green onions and enjoy immediately.