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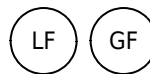
Watermelon and fresh mint poke bowl

Portions: 4

Preparation: 25 minutes

Cooking time: 15 minutes

 4



Ingredients

Teriyaki Sauce

60 ml (1/4 cup) balsamique vinegar [Teriyaki Olives et Gourmandises](#)

60 ml (1/4 cup) tamari sauce

30 ml (2 tbsp) corn starch

85 ml (1/3 cup) sugar

375 ml (1 1/2 cup) water

1 big garlic clove, minced

30 à 45 ml (2 à 3 tbsp) fresh minced ginger

Poke:

500g Soba noodle, cooked according to packaging instructions

200 à 250g fresh tuna, sushi grade

4 small cucumbers

2 cup watermelon, cut in small dices

30 ml (2 tbsp) coriander oil [Olives et Gourmandises](#)

The juice of a lime

Salt, to taste

Fresh mint, to taste

2 green shallots, minced

Fresh coriander, to taste

Sesame seeds, to taste

Steps

For the sauce:

1- In a small pot, mix in all ingredient and bring to a bowl, while mixing.

2- Once the sauce thicker, remove from heat and let cool down.

For the Poke:

1- Cut the tuna and cucumbers in small dices and add to the water melon.

2- Add a dash [Olives et Gourmandises'](#)oil, the lime juice and salt.

3- To make your bowl, add a portion of noodle, a portion of the tuna mix, a lot of fresh mint and coriander and the green shallots.

4- Add the sauce and some sesame seeds, eat right away!