

VitalChoice

WILD SEAFOOD & ORGANICS

Hawaiian Poke Kit

Quick, healthy, and quintessentially Hawaiian, poke (POH-keh) is a raw fish salad that's served alone as an appetizer, or with rice and toppings as a main dish. Our poke kits feature wild, pure ahi tuna or sockeye salmon plus a proprietary blend of seasonings for authentic island flavor. E ai kākou!



Basic Hawaiian Poke

Serves 4

1 lb. Vital Choice cubed salmon or tuna, thawed

1 packet Vital Choice Poke Seasoning (.5 ounces)

1–2 tablespoons toasted sesame oil

1–2 tablespoons soy sauce (shoyu)

- Thaw packaged fish in refrigerator overnight or immerse in cool water for 20–30 minutes until pliable. Once thawed, remove fish from package and drain in a colander to remove excess liquid.
- Transfer fish to a medium bowl, add remaining ingredients, and toss gently.
- Cover and refrigerate at least 15 minutes, up to 2 hours.
- Serve alone as a main protein or appetizer, or in poke bowls (recipe below).

Variations: For a lower-sodium or gluten-free alternative, replace conventional soy sauce with low-sodium soy sauce, tamari, liquid aminos, or coconut aminos. For more depth or heat, add any of the following ingredients to taste: Mirin, fish sauce, grated fresh ginger, mashed garlic, wasabi paste, sriracha, red pepper flakes, or red chili paste with mayonnaise.

Hawaiian Poke Bowls

Serves 4

1 batch of basic poke (recipe above)

4 cups cooked sushi rice

3–5 toppings, such as chopped yellow onion, sliced green onion, finely chopped toasted macadamia nuts, diced avocado, halved cherry tomatoes, sliced cucumber, daikon radish sprouts, wakame seaweed salad, kimchi, pickled ginger, sliced jalapeno, sliced and fried shallot.

- Prepare batch of basic poke (recipe above).
- Cook rice per instructions on package.
- Divide hot rice between four bowls.
- Spoon a mound of chilled poke atop steaming rice.
- Add desired toppings and serve.

 **SUSHI
GRADE
SEAFOOD**

The safest seafood for serving raw is seafood that's been previously frozen. All our frozen seafoods meet or exceed FDA guidelines and are suitable for sashimi, poke, ceviche, or tartare.

#cookingwithvitalchoice

