AMERICAN · LUNCH · DINNER

Hawaiian Ahi Tuna Poke

70 min · Serves 3 · 222 kcal a serve · Video 3:03 · Just One Cookbook

Pescatarian · Dairy-free · Nut-free

About 37 g of protein for around 220 kcal a serve, and rich in selenium and vitamin B12 from the raw tuna. Nothing is cooked or fried; the dressing is just soy sauce and a little sesame oil.

Diet notes: Low carb (2.8 g net carbs) but not keto: 26% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

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Ingredients

9 · SERVES 3

- [ ] 1 lb **sashimi-grade ahi tuna**, cut into bite-size cubes
- [ ] ¼ **sweet onion** (Maui onion), thinly sliced
- [ ] 2 **green onions**, thinly sliced
- [ ] **Wakame**: 1 small clump dried Hawaiian ogo seaweed, soaked and cut up (optional)
- [ ] 2–3 tbsp **soy sauce**
- [ ] 1 tbsp **toasted sesame oil**
- [ ] ⅛ tsp **Diamond Crystal kosher salt**
- [ ] ¼ tsp grated **ginger** (optional)
- [ ] 1 tsp **toasted white sesame seeds**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Fish, Sesame, Soy. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. If using ogo, soak the dried seaweed in water for 5 minutes, squeeze it dry and cut into ¾–1¼ inch pieces. 0:19
2. Thinly slice the sweet onion and green onions. Cut the tuna into bite-size cubes. 0:38
3. Put the tuna, onions and seaweed in a large bowl. Add the soy sauce, sesame oil, salt and ginger, and mix gently. 1:24
4. Cover and refrigerate for at least 1 hour (up to 12 hours). 2:09
5. Sprinkle with toasted sesame seeds and serve. Eat it the same day. 2:16

> **Tip** Serves 3 as a main or 4 as a starter. For a poke bowl, spoon it over steamed short-grain rice (the cook suggests about 9 oz cooked rice each) with avocado, edamame or cucumber. Use only sashimi-grade fish.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
222 kcal	37 g	3.5 g	0.8 g	6.4 g	900 mg
930 kJ	74% of a day	2.8 g net · 0.9 g sugars	3% of a day	1.1 g saturated	39% of a day
		1% of a day		8% of a day	

Energy from net carbs 5% · protein 68% · fat 27% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 474% · Selenium 204% · Vitamin B6 67% · Omega-3 25% · Magnesium 20%

Source of (10–19%) Vitamin K 18% · Vitamin D 12% · Potassium 11% · Iron 10%

Recipe and video: Just One Cookbook (@justonecookbook) on YouTube — youtube.com/watch?v=NpORAdna4tM, published 5 September 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ahi-tuna-poke