



**Recipe name: Glorious grains and Tuna Tataki buddha bowl**

**Serves 2**

Ingredient	Measurement	Weight
Glorious grains (CER046)	Pouch	1
Coriander (Finely chopped)	g	20
Tuna tataki	g	200
Marinated Asian cucumber	g	50
Spinach (shredded)	g	20
Edamame beans (cooked) (VEG381)	g	50
Dressing		
Tamari soy sauce (SCE067)	ml	60
White miso paste (PST014)	tbsp	1
Lime juice (JUI001)	ml	20
Agave syrup (SCE036)	tsp	1
Toasted black sesame seeds (SEE021)	tbsp	1
Toasted white sesame seeds (SEE020)	tbsp	1
Micro purple amaranth	tbsp	1

Method

1. Make the dressing by whisking all the dressing ingredients in a bowl.
2. Put the contents of the pouch in a bowl and break up.
3. Add the herbs and dressing and mix together.

4. In a bowl put in sections the grains, edamame beans, cucumber and spinach.
5. Put slices of the tuna across the top and then sprinkle with sesame seeds.