

Spicy Tuna Rice Bowl

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

40 mins

Description

What we have here is equal parts tuna and rice by weight which for me gives this the perfect balance between protein and starch While this may remind some people of a fried rice dish this is significantly lighter and actually very low on fat content but that doesnt mean its not satisfying and like most rice dishes its very comforting

Ingredients

- - 1 cup uncooked long-grain rice - 1 ½ cups water - 1 (7 ounce) jar tuna packed in olive oil - ½ cup finely diced red bell pepper - ¼ cup finely diced jalapeno pepper - ¼ cup finely sliced green onions - ? cup seasoned rice vinegar - ½ lemon
- juiced
- or to taste - 2 tablespoons soy sauce - 2 teaspoons Sriracha hot sauce - ½ teaspoon sesame oil - 1 pinch Korean red pepper flakes (gochugaru)
- or to taste - 1 teaspoon finely sliced green onion
- or to taste

Instructions

1. Gather the ingredients. Pour rice into a heavy pot and add water; swirl to allow rice to settle. Bring to a simmer over medium-high heat; do not stir. Reduce heat to low
2. cover
3. and continue to simmer for 15 minutes. While rice is cooking
4. place tuna into a large mixing bowl and break up with your hands or a fork. Toss in red bell pepper
5. jalapeno
6. 1/4 cup green onions
7. rice vinegar
8. lemon juice
9. soy sauce
10. Sriracha
11. and sesame oil. Mix with a fork until thoroughly combined. Turn off heat and let rice sit
12. covered
13. for 10 minutes. Fluff rice with a fork to separate the grains and break up any large clumps; transfer into the mixing bowl. Mix thoroughly with a spoon until all the ingredients are evenly incorporated. Taste and adjust seasoning if needed. Serve warm
14. at room temperature
15. or cold like a rice salad
16. topped with red pepper flakes and 1 teaspoon green onion. Chef's Notes If using unseasoned rice vinegar
17. adjust with a few pinches of sugar and salt. You can use any hot sauce you like. If you use a little less dressing
18. a shorter grain of rice
19. and make this a little stickier
20. you can actually press the mixture together and form it into balls that can be rolled in sesame seeds for an incredible handheld snack to bring to work or a picnic.