



Recipe Details

Recipe Name - Watermelon Poke Bowls

Recipe Steps -

Ingredients

Bowl Ingredients -

- 4 cups Watermelon, cubed or balled using a melon baller
- 2 Carrots, Julienne
- 1 Cucumber, diced
- 1 12 oz bag frozen shelled edamame
- Water chestnuts
- 3 to 4 Seaweed sheets (Nori)
- Green onions for garnish

Rice Ingredients -

- 2 cups Brown rice (we use Jasmin)
- 2 Limes squeezed
- 2 tsp garlic cilantro balsamic (or balsamic of your choice, you can also omit)
- 2 tsp garlic powder
- 2 cups water

Sauce Ingredients -

- 1/4 cup low-sodium tamari
- 1/4 cup rice vinegar
- 2 Tbsp date paste
- 1 tsp Sriracha
- 1 tsp ginger
- 2 green onions, thinly sliced

Instructions

1. Mix all rice ingredients in an instant pot
2. Set to high pressure for 20 minutes, slow release for 20+ minutes*
3. Pour frozen shelled Edamame into a microwave safe bowl, and microwave on high for 4 to 5 minutes or allow to thaw at room temperature
4. Meanwhile, cut watermelon to size and shape of your liking (we used a melon baller for some and chopped some with a knife). You can use the Watermelon as a serving bowl; remember this when cutting.
5. Grind the sheets of Seaweed in a blender or food processor. Once the sheets are ground, put them in the bowl with the chopped watermelon and incorporate them well. Set aside.
6. Julienne carrots, chop cucumber, and dice green onions. Set aside.
7. Drain water chestnuts. When rice is done, arrange rice, watermelon, water chestnuts,

carrots, cucumber, and Edamame in small sections in a bowl or watermelon bowl if using the rind as a bowl.**

8. Mix all sauce ingredients, and incorporate them well. Drizzle sauce on your freshly arranged Poke bowl, and sprinkle with chopped green onions. Enjoy!

*Note - If you do not have an instant pot, cook rice according to the directions on the rice package, minus the liquid you add for the limes. For example, if the recipe calls for 3 cups water and you squeeze in 1/4 cup of lime juice, add in 2 3/4 cups of water plus your 1/4 cup of lime juice. In the end, you have 3 cups of liquid.

**Note - You can use other ingredients in your bowls; the ingredients we used are only suggestions.

