

SELF

You'll Love This Decadent Tuna Poke Dip (Plus, It's Easy to Make!)



Meet our guest blogger of the week, San Francisco chef Kathy Fang, author of the blog [Fangalicious](#), and co-owner and chef at SOMA's [Fang Restaurant](#). She'll be sharing her Asian Fusion recipes all week long -- but you can also check out all these healthy, fresh dishes from our April issue while you wait (and/or drool.)

Put away with onion dip and chips -- it's time to dig into this healthy and flavorful recipe! Dips are typically loaded with carbs or fat. So I decided to take the classic tuna poke dish and turn it into a "dip." This poke is nearly all protein and works well with other tasty additions like nuts, shredded coconut, sesame seeds and even chia seeds. It's visually appealing and makes for the perfect midday snack. Pair it with rice crackers or nori (seaweed).

INGREDIENTS:

- 5 leaves of Shiso leaves (sliced into thin ribbons)
- 1/3 lb sashimi grade tuna diced into small cubes (I used maguro)
- 1/4 cup diced pickled daikon
- 1 tablespoon sesame oil
- 2 tsp yuzu (or lemon juice)
- 1 tablespoon Bragg's soy sauce or tamari
- 2 tsp Sriracha
- 1 tsp chili flakes (Optional for spice)

- 1 tablespoon slivered almonds (raw)
- 1 tablespoon of shredded coconut

DIRECTIONS:

Toss all ingredients together. Let it marinate in the fridge while you set up the other accouterments. Grab rice crackers, seaweed and or other types of crackers you prefer. Lay them out, grab the tuna and dip away! Serves 1.