

Food Trend: Poke Bowls & How To Make Them



By [Haley Lerner](#)

Right now, the hottest new [food trend](#) is poke bowls. Poke means “to slice or cut” in Hawaiian and the bowls consist of cubed raw, marinated fish on top of rice and topped with tasty vegetables and sauces. This dish has been around for centuries in Hawaii and it’s a delicious, healthy and unique meal you’ve got to try out. Now, you can pick up a Poke bowl at your local poke bar, Hawaiian restaurant or health food store. But, why not make it at home? We’ve got the [diet tips](#) to help you make the perfect poke bowl.

Check out our tips on how to build your own poke bowl!

1. Pick a base: Start out your bowl with a base. You can choose from jasmine rice, bamboo rice, white sushi rice, soba noodles, leafy greens or zucchini noodles.

2. Protein: Next, you want to top your bowl with some protein. Typically, the best choice is fresh raw fish, typically tuna. Cut your fillet lengthwise and work against the grain to cut the fish into 1/2 inch strips. Then cut those strips crosswise into 1/2 inch pieces. If raw fish isn't your thing, opt for tofu or shrimp instead.

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3. Seasoning: Mix your protein with some seasonings to enhance the flavor of your meal. Sprinkle in some scallions, sea salt or sesame seeds.

4. Dressing: If you really want to accent the flavor of your fish, add salty sauces like soy sauce, shoyu, ponzu or spicy black-bean paste.

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5. Add some crunch: To finish off your bowl, add some extra toppings to give more crunch to your meal. You can add fresh fruits and vegetables like avocados, onion, garlic, bean sprouts or edamame. Or, you can add some roasted peanuts, shiitake mushrooms, wasabi peas, or jalapeños for some extra flavor.

Have any more tips on how to make the perfect poke bowl? Comment below!