

CopyCat Bonfish Grill Tuna Bowls

Ingredients

1 tbsp olive oil
2 (6 oz) tuna steaks about 1 inch thick
Sesame seeds to coat tuna with
1 avocado sliced
1/2 cup tortilla strips
3/4 cup sweet chili Thai sauce (about 2 tbsp per bowl)

Mango salsa:

1 cup frozen or fresh mango diced
1 red pepper diced
1 small red onion diced
1/3 cup cilantro finely chopped
1 tbsp lime or lemon juice
1/2 tsp salt

Jasmine rice:

1 1/4 cups water
1 cup jasmine rice
1 tsp butter
1 pinch salt

Directions

In a rice cooker or in a pot on the stove, cook rice according to package directions (usually it takes around 15-20 min).

Meanwhile, make mango salsa and coat tuna steaks with sesame seeds.

Heat olive oil in a large frying pan on high heat. Once oil starts to smoke, add tuna steaks, cooking for 45 seconds per side. Remove from heat and set on a plate to rest for a couple

minutes before slicing.

Pack rice into a 1/2 cup measuring cup and dump onto each plate. Add mango salsa alongside rice, as well as sliced avocado. Add half of each tuna steak to each bowl.

Garnish with crushed tortilla strips, then serve along with a tiny bowl of sweet chili Thai sauce for dipping. Enjoy!