

Chilli Tuna & Chickpea Poke Bowl



A quick and tasty take on the traditional poke bowl.

Recipe supplied by John West & Edgell.

Ingredients

70g can Edgell Snack Time Chickpeas with Olive Oil & Sea Salt

95g can John West Tuna Tempters – Chilli

125g cup microwave brown rice

1/2 cup finely shredded red cabbage

1 small carrot, shredded

6 snow peas, trimmed and blanched

1 baby cucumber, shaved into ribbons

1 teaspoon black sesame or toasted sesame seeds (optional)

Method:

1. Carefully arrange all ingredients apart from sesame seeds in sections in a serving bowl. Sprinkle

with sesame seeds and serve.