

Tomato and Watermelon Poke

Serves 4

Introduction from Chef Richard Blais

This is a great vegetarian option for poke – and a sure-to-be summer favorite. Compressing the watermelon is optional, but will give the watermelon a deeper color, almost resembling ahi tuna. Use the best quality ponzu and sesame oil available to make this simple dressing really shine.

Choosing the Right Salt

When combining watermelon, tomato, ponzu, sesame oil and green onions, mix in Morton® Fine Sea Salt to ensure ingredients are evenly coated with flavor. Finish with Morton® Coarse Sea Salt to add texture to the poke.

Ingredients

2 each large heirloom tomatoes
3 cups diced watermelon
1 avocado
1 lime, juiced
½ tsp Morton® Fine Sea Salt
½ cup pine nuts
½ cup citrus ponzu
1 tbsp sesame oil
1 tbsp sliced green onions
1 ½ cups prepared seaweed salad
1 tbsp sesame seeds
1 tsp Morton® Coarse Sea Salt

Directions

- **OPTIONAL:** Compress watermelon by placing in a vacuum sealed bag and removing all air and sealing closed. This compresses the juices in the watermelon and makes it look just like tuna poke.
- Set oven to 350°F.
- Lay pine nuts in a single layer on a baking tray and toast in oven until golden brown, about 4 minutes. Remove and set aside to cool.
- Dice tomatoes into medium sized pieces.
- Remove the skin and seed of the avocado and dice into medium sized pieces. Mix with the juice of 1 lime and Morton® Fine Sea Salt. Fold in watermelon, tomato, ponzu, sesame oil, and green onions.
- Divide poke into 4 bowls.
- Top with seaweed salad, pine nuts, and sesame seeds.
- Finish with a sprinkle of Morton® Coarse sea salt.

Reduce Food Waste Tip: Make today's poke tomorrow's salad! Toss finished poke with your favorite salad greens and diced cooked chicken to make a chopped Chinese chicken salad, or serve the poke over cooked brown rice or grains to turn it into a heartier option.