

# Tuna Quinoa Bowl



## Ingredients:

- 1 lb sushi-grade fresh raw tuna, diced
- 2 tbsp Oliverde Cilantro Lime Olive Oil
- 1 medium sweet potato, roasted and cubed
- 1 cup cooked quinoa
- 1 ripe avocado, sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup diced red onion
- 1 cup mixed vegetables (e.g., spinach, roasted zucchini)
- 1 tbsp lime juice
- Fresh cilantro for garnish

## Instructions:

- **Prepare the Sweet Potato:** Roast cubed sweet potatoes in the oven at 400°F (200°C) for 20–25 minutes, tossing with a drizzle of Olive Oil until tender and golden.
- **Marinate Tuna:** Toss diced raw tuna with Oliverde Cilantro Lime Olive Oil and lime juice. Let it marinate for 10–15 minutes.
- **Assemble the Bowl:** In a bowl, layer cooked quinoa, roasted sweet potatoes, cherry tomatoes, diced red onion, and mixed vegetables.
- **Add Tuna and Avocado:** Top with marinated tuna and sliced avocado.
- **Garnish and Serve:** Drizzle with additional Cilantro Lime Olive Oil, garnish with fresh cilantro, and enjoy immediately.