



476 kcal
(per serving)



20 min



This dish is a Wagyu version of poke, traditionally used to prepare seafood in Hawaii. Rich avocado pairs surprisingly well with Wagyu. Use plenty of lemon juice for the poke.

Makes 2 servings

Wagyu inside round	200 g
Onion	1/4 (50 g)
Cherry tomatoes	4 (60 g)
Avocado	1/2 (100 g)
Eggs	2
Lemon juice	2 tablespoons
Salt	Pinch
Pepper	Pinch

Dressing

Soy sauce	2 teaspoons
Sake	1/2 tablespoon
Mirin	1/2 tablespoon
Sesame oil	1 teaspoon
Green onions (chopped)	2 tablespoons
Sesame seeds	1 tablespoon

1. Cut Wagyu round into large bite-sized pieces and season with salt and pepper. Saute the meat in a frying pan until browned.
2. Cut onion into thin slices and soak in water. Cut cherry tomatoes in half, dice avocado into 2 or 3 cm chunks and dress with lemon juice. Drain onions and mix together with tomatoes and avocado.
3. Mix the dressing (soy sauce, sake, mirin, sesame oil, green onions, sesame seeds) until well combined.
4. Soft boil or poach the eggs.
5. Combine the cooked beef, onion/tomato/avocado mixture, and dressing. Arrange the poke on a plate and top with egg.