



Aja Eyre - Roasted Harvest "Potatoke" Poke

RECIPE DETAILS

Ingredients

Roasted Base:

- 2 medium Okinawan sweet potato (purple), peeled & cubed
- 2 medium orange sweet potatoes, peeled & cubed
- 2 medium beet (red or golden), peeled & cubed
- 1.5 tbsp sesame oil
- ½ tsp sea salt
- ¼ tsp black pepper

Marinade:

- 2 tbsp shoyu (or liquid aminos for gluten free)
- 1 tbsp sesame oil
- 1 tbsp white rice or apple cider vinegar
- 1 tsp grated ginger
- 1 tsp minced garlic
- 1 tsp honey
- 1 small Hawaiian chili pepper, minced (optional)

Toppings & Garnish:

- ¼ cup Maui sweet onion, thinly sliced
- 2 so-boiled eggs, in wedges
- ¼ cup roasted macadamia nuts, chopped
- 2 tbsp green onions, chopped
- 1 tsp sesame seeds
- 1 sheet nori, torn or cut into small pieces
- Japanese mayonnaise, drizzled on top

Instructions

1. Roast the Sweet Potatoes, Beets & Macadamia Nuts

1. Preheat oven to 400°F.
2. Toss cubed sweet potatoes and beets with 1 tbsp sesame oil, salt, and black pepper. If using red beets, keep the beets separate from the sweet potatoes until the very end to keep the sweet potato colors bright.
3. Spread them in a single layer on a parchment-lined baking sheet.
4. Roast for 25 minutes, flipping halfway, until edges are caramelized and barely tender inside.

2. Prepare the Marinade while vegetables are roasting

1. In a large bowl, whisk together shoyu, sesame oil, vinegar, ginger, garlic, chili (if using), and honey.

3. Prepare So-Boiled Eggs (if using hard-boiled, skip this step)

1. Bring a small pot of water to a boil. Gently lower in 2 eggs.
2. Boil for 7 minutes, then immediately transfer to an ice bath for 5 minutes.
3. Peel carefully and slice in half.

4. Toss & Marinate

1. Let the roasted veggies cool slightly before adding them to the marinade.
2. Gently toss to coat the roasted vegetables evenly.

5. Assemble & Serve

1. Transfer the marinated veggies to a serving dish or bowl.
2. Drizzle with Japanese mayo as a final garnish.
3. Top with Maui onion, green onions, sesame seeds, macadamia nuts, and nori.
4. Place so-boiled egg wedges on top.

Serve as a side dish, or serve with rice, millet, or quinoa as a main dish. Can also be served with Waipoli, bu er, or romaine lettuce leaves for a utensil-free poke lettuce wrap.