Seared Tuna Tataki With Citrus Soy, Ginger & Seaweed

SERVES 4

Tuna is a low-fat fish that is high in protein, vitamins and minerals. Seeds and oils contain healthy fats and add taste to this nutritious dish.

Nutrition Information

Amount Per Serving:
253 calories, 18g fat, 3g carbohydrates, 1g fiber

Individual Serving Size:
3 oz. tuna with salad

Ingredients

10 oz. sushi grade tuna, cut into 1" x 1" rectangle

1 oz. sesame seeds

½ oz. cayenne pepper

Salt to taste

1 oz. citrus soy (ponzu)

1 oz. scallions, sliced thinly

1 oz. ginger, sliced razor thin and julienne

1 oz. grapeseed oil

½ oz. sesame oil

½ oz. dried seaweed salad

Directions

Season tuna with crushed sesame seeds, cayenne and salt. Sear on all sides, place in refrigerator and allow to cool. Slice tuna into 12 even slices. Set aside. For seaweed, place in hot water till rehydrated, approx. 30 min. Squeeze out excess water and toss seaweed with citrus soy, sesame oil, ginger, scallions and grapeseed oil. Allow to marinate for 20 min. Place tuna slices over the seaweed, drizzle sauce and serve.

Daiichi-Sankyo