



Fresh. Simple. Sustainable.

Seesame and Wasabi Seared Tuna **The Pescatarian and the Pig**

6-8 oz. sashimi grade ahi tuna
2 tbsp. white vinegar
½ tsp. wasabi powder
3 tbsp. black sesame seeds
3 tbsp. white sesame seeds
wasabi and pickled ginger for garnish

Cut your tuna steak into a rectangular shape (optional, for presentation purposes. It is not necessary).

In a bowl, whisk together vinegar and wasabi powder. Place the tuna in the bowl and coat with the vinegar mixture.

Place a skillet or wok on the stove over medium-high heat. Allow it to heat fully.

On a plate, mix together black sesame seeds and white sesame seeds. Spread them on the plate to create one layer. Lay the tuna on the sesame seeds and turn it to coat with seeds.

Drizzle olive oil onto your skillet and place the tuna on the skillet. Cook on each side about 2-3 minutes until just seared.

Remove from heat and cut into slices. Serve on a bed of colorful lettuces with pickled ginger and wasabi to garnish. You can also serve it with a side of soy sauce.

The cooking time and done-ness of this dish is completely up to you. Make sure your fish is as fresh as possible to avoid any food born illnesses that may accompany eating raw or undercooked meat.

Serves 2

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