



Seared Tuna



Servings: 4
Total Time: 1 hr 3 mins
Cooking Time: 3 mins
Resting Time: 1 hr (to marinate)



METHOD

For the Tuna Marinade

Mix the marinade ingredients together well in a dish able to accommodate the tuna.

Place the block of tuna in the bowl with the Tuna Marinade and marinate for at least 1 hr while rotating the tuna every 15 mins.

For the Japanese Mayonnaise

In a small serving bowl, blend the mayonnaise & wasabi together well.

INGREDIENTS

1 block sushi-quality tuna or 4 steaks (800g-1kg; 200-250g per person)

2 Tbsp light olive oil

1 Tbsp butter

For the Tuna Marinade

2 Tbsp soya sauce

1 tsp finely chopped garlic

1 tsp minced ginger

1-2 tsp wasabi paste

1 Tbsp lemon or lime juice

1 tsp finely chopped chillies

1 tsp honey or white sugar or a pinch of stevia

2 Tbsp extra virgin olive oil

½ tsp freshly ground black pepper

For the Japanese Mayonnaise

6 Tbsp natural mayonnaise

2 tsp wasabi paste (or to taste)

43 Lunches



Melt the olive oil & butter in a large frying pan over a high heat.

Remove the tuna from the marinade and fry for 1 min on each side while turning every 30 seconds.

Thickly slice the tuna and serve with the Japanese Mayonnaise on the side.

SERVING SUGGESTION

Serve with a green salad with pomegranate seeds & 2 sliced avocado pears drizzled with lemon juice & pomegranate dressing.

