

Seared Sesame Crusted Ahi Tuna



INGREDIENTS (SERVES 4)

¼ cup black sesame seeds

½ cup white sesame seeds

4 x (6 – 8 ounce) Ahi tuna steaks, 1 inch thick

salt & freshly ground black pepper

2 tablespoons grapeseed oil or 2 tablespoons canola oil

- In a shallow dish, combine the two types of sesame seeds and stir to mix.
- Season the tuna with salt and pepper and dredge in the sesame seeds, coating the tuna evenly.
- In a non-stick pan, warm the oil until smoking, arrange the tuna in the pan (making sure not to overcrowd)
- Carefully turn the tuna over and cook for about another minute.
- Transfer the tuna to a cutting board and cut into 1/4 inch thick slices.
- Serve immediately.

In the photo there are spring onions as a garnish, with dollops of wasabi and a Sweet chili sriracha mayonnaise sauce