



ASIAN TUNA STEAKS

Makes 2 servings.

This tuna has an Asian spin. I serve it raw on the inside and charred briefly on the outside with a flavorful dressing. The fish can be paired with many side dishes including sautéed baby bok choy, shredded Napa cabbage, edamame, and sushi rice.

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 yellow fin tuna steaks, 1-inch thick, 5 ounces each

DRESSING

- 2 tablespoons low-sodium soy sauce
- 2 tablespoons mirin
- 1 tablespoon seasoned rice vinegar
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon sesame oil
- 1 teaspoon wasabi
- 1 teaspoon lime juice
- ½ teaspoon Kosher salt
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- Freshly ground black pepper

PREPARATION

1. Whisk the dressing and set aside.
2. Pat dry the tuna and season lightly on both sides with salt and pepper.
3. Use a griddle pan or a cast iron skillet and heat the olive oil.
4. Sear the tuna over high heat for about 1 minute on each side to be rare, which is how I like it.
5. Slice the tuna and serve it with some of the sauce on top. The rest of the sauce serve on the side.