

Seared Tuna

- A Min 2.5cm thick sashimi quality tuna steaks
- B little olive oil
- C Salt
Black Pepper
Sesame seeds
- D 2 tabspn soy sauce
1 spring onion finely chopped
1 tabspn sweet chilli sauce
Juice and zest ½ lime
1 tspm Green Ginger wine

Cut A in square logs; ie cut lengthwise into stripes as wide as the thickness and gently brush with B

Mix C together

Gently roll A in C and gently press to lightly coat and then refrigerate for at least 1 hour.

Mix D together.

Heat a grill pan to hot and cook each side of the tuna for 1-1½mins.

Remove from pan and cool a little.

Chop tuna into 5mm thick slice – the edges should be cooked and it should be raw in the middle.

Arrange on plates and spoon a little of D over.