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featured recipe!

Sesame Crusted Tuna Steak on Arugula

Serves 4

Ingredients

4 tuna portions

1 teaspoon toasted sesame oil

1/4 cup black and white sesame seeds

pinch kosher salt

fresh black pepper, to taste

5 cups baby arugula

For the soy-ginger vinaigrette:

1 tablespoon minced ginger

1 tablespoon minced scallion

1 tablespoon minced garlic

1/2 cup balsamic vinegar

1/4 cup red wine vinegar

1/4 cup soy sauce

1 1/2 tbsp honey

2 teaspoons toasted sesame oil

1 teaspoon Dijon mustard

Directions:

Rub the tuna steaks with 1 teaspoon of oil, and sprinkle with salt and pepper.

Place the sesame seeds on a medium plate. Dip entire surface of the steak into sesame seeds, pressing to adhere.

Heat a skillet on high heat. When very hot, place the tuna steaks on the hot skillet and cook for 1 to 2 minutes on each side, depending on the thickness. Set aside on a plate.

Meanwhile, prepare salad and soy vinaigrette.

Slice tuna steaks into 16 slices and place on top of arugula. Drizzle vinaigrette over the top.