

Seared Tuna

INGREDIENTS:

4 - 4 ounce Tuna Steaks (1/2 inch thick)
Black Sesame Seeds to Coat
Grape Seed Oil or Seafood Butter to Coat
Pepper to Taste

DIRECTIONS:

1. Lightly coat tuna steaks with oil. Season with black pepper. Press sesame seeds onto both sides of tuna.
2. Heat heavy sauté pan with a very small amount of grape seed oil or seafood butter up to the smoke point (see label for smoke point).
3. Sear tuna about 1 minute per side over high heat.
4. Serve with wasabi mashed potatoes and a vegetable of your choice.

Servings: 4