

Pan Seared Tuna Steak

WHAT YOU WILL NEED

- | | |
|-------------------------------------------|------------------------------------------|
| 1 (6-ounce) tuna loin steak | 2 tablespoons soy sauce |
| 2 handfuls fresh cilantro, finely chopped | Pinch sugar |
| 1/2 jalapeno, sliced | Sea salt and freshly ground black pepper |
| 1 teaspoon grated fresh ginger | 1/2 cup white sesame seeds |
| 1 garlic clove, grated | 1/4 cup black sesame seeds |
| 1/8 teaspoon dried basil | 1/4 cup Rouses olive oil |
| 2 limes, juiced | 1 avocado, sliced |

HOW TO PREPARE

In a mixing bowl, combine the cilantro, jalapeno, ginger, garlic, lime juice, soy sauce, sugar, salt, pepper, basil and 2 tablespoons of olive oil. Stir the ingredients together until well incorporated.

Place a skillet over medium-high heat and coat with the remaining 2 tablespoons of olive oil. Season the tuna with salt and pepper and dredge in the sesame seeds.

Lay the tuna in the hot oil and sear for 1 minute on each side to form a slight crust. Pour 1/2 of the cilantro mixture into the pan to coat the fish.

Serve the seared tuna with the sliced avocado and the remaining cilantro sauce drizzled over the whole plate.

