

Seared Ahi Tuna & Arugula Pear Salad



INGREDIENTS

FOR TUNA STEAKS

2 4-6 oz. ahi tuna steaks

Kosher salt

Freshly ground black pepper

2 tbsp. black sesame seeds

2 tbsp. white sesame seeds

1 tbsp. vegetable oil

FOR DRESSING

Juice of 1 lime (or about 3 tablespoons)

2 tbsp. extra virgin olive oil

2 tsp. toasted sesame oil

2 tsp. freshly grated ginger

1 tsp. honey

FOR SALAD

4 c. loosely packed arugula

1/2 Asian pear, thinly sliced

2 radishes, thinly sliced

1 Persian cucumber, thinly sliced

YIELDS:

2 SERVINGS

PREP TIME:

0 HOURS 15 MINS

TOTAL TIME:

0 HOURS 35 MINS

DIRECTIONS

1. Season tuna steaks all over with salt and pepper.
2. Combine black and white sesame seeds on a shallow plate, then gently press tuna steaks into seeds to coat them on all sides.
3. In a medium skillet over medium-high heat, heat oil until hot.
4. Add tuna steaks to the pan and sear 30 seconds to 1 minute per side, depending on desired doneness. Transfer to a cutting board.
5. Make salad: in a medium bowl, whisk together dressing ingredients. Season with salt and pepper.
6. In a large bowl, combine all salad ingredients. Add dressing and toss gently. Slice tuna.
7. Divide salad between plates and top with tuna.