

TOMATO SALAD WITH SESAME TUNA

Recipe created by Chef Rick Paniagua

1 dry pint Pure Flavor® Cloud 9® Bite-Sized Fruity Tomatoes, halved

4-6 Pure Flavor® Craft House Collection® Shishito peppers, chopped into rings

1/2 pound ahi tuna, cut into rectangular blocks for searing

1/2 red onion, sliced into rings and cubed

1 bunch asparagus

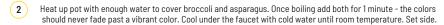
1 cup broccoli florets

2 oz sesame seeds

2 oz grapeseed oil

Salt to taste





- In a medium bowl, add sesame seeds and salt for "breading" the tuna. Add tuna cubes into your sesame mix and coat on all four sides evenly, ensuring a consistent crust.
- Heat pan with 1 oz grapeseed oil on medium heat. Add crusted tuna, laying the tuna away from you as you place into the pan, sear each side for 8 seconds or until golden-brown crust on the side. Repeat remaining sides. Take off the pan and slice into small slices.
- Add broccoli florets and asparagus to your tomato plate, gently fan out the tuna on top, add some of the warm tomatoes on top for additional sweetness.









PRFP.

25 min

