

RECIPE | TOMATOES



TOMATO SALAD WITH SESAME TUNA



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Recipe created by *Chef Rick Paniagua*

INGREDIENTS

- 1 dry pint** Pure Flavor® Cloud 9® Bite-Sized Fruity Tomatoes, halved
- 4-6** Pure Flavor® Craft House Collection® Shishito peppers, chopped into rings
- ½ pound** ahi tuna, cut into rectangular blocks for searing
- ½** 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



DIRECTIONS

- 1 Heat pan with 1 oz grapeseed oil on medium heat. Place tomatoes, onion and shishito peppers into the pan. Sauté lightly until tomatoes are slightly softened. Take off pan and place in plate.
- 2 Heat up pot with enough water to cover broccoli and asparagus. Once boiling add both for 1 minute - the colors should never fade past a vibrant color. Cool under the faucet with cold water until room temperature. Set side.
- 3 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.
- 4 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.
- 5 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.



25 min

20 min | **5 min**
PREP. | COOKING



2



Medium