

RECIPE | TOMATOES



SESAME CRUSTED TUNA



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Recipe created by *Chef Austin Yancey, CEC*



INGREDIENTS

2 dry pints Pure Flavor® Cloud 9® Bite-Sized Fruity Tomatoes, whole with 7-8 chopped
1 Pure Flavor® Long English Cucumber
4x 6 oz Tuna Steaks
¼ head cauliflower
1 potato, peeled
2 cups vegetable broth
1 cup quinoa
12 cured olives
6 oz cream

4 oz pickled ginger, in juice
4 oz soy sauce
3 oz sesame seeds
1 tsp miso paste
2 oz sesame oil
2 oz chopped garlic
1 bunch green onions, whites and greens separated
3 sprigs mint
3 sprigs parsley
Salt to taste

DIRECTIONS

- 1 Marinate tuna steak in soy sauce and juice of pickled ginger overnight. Dip fillet in sesame seeds, sear in hot sesame oil while basting to cook from both sides.
- 2 Saute tomatoes in dry pan over medium high heat until charred, reserve.
- 3 Heat cauliflower, cream, miso paste, onion (whites), and chopped garlic over medium heat until cauliflower and potatoes are tender, puree in blender until smooth, season with salt.
- 4 Simmer quinoa in vegetable broth until tender and let it cool.
- 5 Combine quinoa with chopped tomatoes, cucumber, olives, mint and parsley, season with salt.
- 6 Slice both pickled ginger and green onions thinly, toss together. Use as garnish over the tuna steak.



100 min

70 min | **30 min**
PREP. | COOKING



4



medium