



RECIPE | TOMATOES

SESAME CRUSTED TUNA



100 min

70 min
PREP.

30 min
COOKING



4



medium

INGREDIENTS

Recipe created by *Chef Austin Yancey, CEC*

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

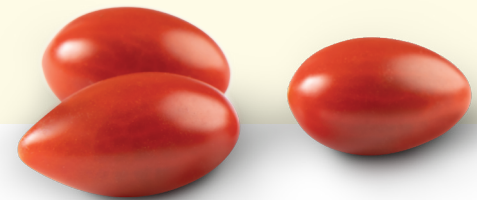
2 oz chopped garlic

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.

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