



RECIPE | TOMATOES

TOMATO SALAD WITH SESAME TUNA



20 min
PREP.



2



Medium

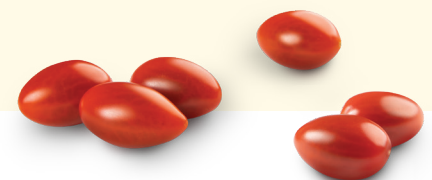
25 min

5 min
COOKING

INGREDIENTS

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
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. Saute 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.

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