

Sesame-crusted tuna tataki, spicy mayonnaise, tangy cucumber salad and green onion

Recipe for 2

Description

Superb salad, right in between what's healthy and satisfying enough for big appetites while remaining light for a faster lunch.

Note

For a main dish, plan on 340 g of tuna for two people.

Yellowfin tuna is a tuna with red flesh (pink), it is in fact the fins that are yellow.

For the Sriracha sauce, it's your choice, depending on your ability to appreciate spicy tastes.

Ingredients

Tuna

- 170 Gr Yellowfin tuna
- 0.50 Cup(s) Sesame seeds
- Salt and pepper

Salad

- 0.50 Clove(s) Chopped garlic
- 15 Ml Rice vinegar
- 100 Gr Edamame (soybeans)
- 1 Unit(s) Green onion
- 0.50 Unit(s) Cucumber
- 1 Tsp Soy sauce
- 0.50 Unit(s) Lime zest(s)
- 1 Dash Olive oil
- Salt and pepper

Spicy mayo

- 100 Ml Hellmann's mayonnaise
- 1 Tsp Sriracha sauce
- Salt and pepper

Preparation

- Preparation time **30 mins**

To prepare before the class

Ingredients

Cook the edamames in salted water for 4-5 minutes, rinse them in cold water, strain thoroughly. Peel the garlic and finely chop.

Thaw the tuna, if need be.

Material

1 cutting board

1 chef knife and 1 pairing knife

Clean rags

1 strainer and a pot to cook the edamames

3 bowls, 1 fork and a rubber spatula

1 frying pan

1 zester

1 pair of tongs

Mise-en-place

Clean and empty the center of the cucumber. Finely dice the cucumber in brunoise.

Cut diagonally the green onions

Mix the mayonnaise with the Sriracha sauce, add salt and pepper if necessary.

Tuna

Season the tuna with some salt and pepper, then rub in the olive oil . On each one of it"s sides, stick on the sesame seeds by rolling the tuna on the seeds , they will stick to it.

In a hot frying pan, sear the tuna on all it"s surfaces for a couple seconds on each side, just to give it a nice coloration. It needs to stay raw on the inside.

Keep the tuna in the fridge until it"s ready to serve.

Salad

In a bowl, mix in the edamames and the cucumber brunoise and a couple pomegranate seeds.

Add the soya sauce, rice vinegar, chopped garlic, green onions and the lime zests.

Taste and add in salt and pepper if needed.

Keep in the fridge until it"s time to eat.

Montage

Put the greens on the bottom of your serving bowl.

Finely and delicately slice the tuna slices that you will then gently put on the salad.

Artisitically cover part of the tuna with the mayonnaise.

Sprinkle on top with some lime zests.

Bon appétit!