

Tuna tataki, chick pea and maple lime salad

Recipe for 4



Description

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

Note

Tuna tataki, make sure to use the proper tool/pan for you to have the best result possible. Hence the high temperature, the tuna needs to be rare cooked, maximum on the inside!

Ingredients

Tuna

- 2 Piece(s) Yellowfin tuna
- 2 Tbsp Soy sauce
- Salt and pepper
- Vegetable oil

Salad

- 1 Unit(s) White onion
- 1 Unit(s) Red pepper
- 2 Clove(s) Chopped garlic
- 30 Ml Red wine vinegar
- 10 Ml Maple syrup
- 1 Can(s) Chick peas (540 ml)
- 4 Handful(s) Arugula leaves
- 1 Unit(s) Cucumber
- 1 Unit(s) Lime zest(s)
- 1 Unit(s) Pomegranate
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **30 mins**

Mise-en-place

Strain the chick peas under very cold water. Finely chop the onion and cut the pepper into small cubes (brunoise).

Take out the seeds off the pomegranate.

Tuna

In a high heated pan, with canola oil, once you've seasoned the tuna, colour it on all its side until dark golden brown, then before cutting it, put it in the fridge for a good 30mins.

Salad

In a medium heat stewpot, put the onion with canola oil and add the pepper then the garlic for 2 to 5mins. Then drop the red wine vinegar and the maple syrup.

At low heat, let everything reduce and come together for a nice texture for another 5 mins. Reserve.

Montage

In a big salad bowl, put your garnished at the very bottom (chick peas and a part of the vinaigrette). Then the salad itself (arugula). Afterwise the thin and fresh tuna slices, some more vinaigrette on top. Lastly the pomegranate and some lime zests all over.

Bon appétit!