



Seared Tuna Citrus Salad



SEARED TUNA CITRUS SALAD

Ingredients:

- 1 lb yellowfin tuna
- 1/2 cup sesame seeds, 1 tbsp tamarind and paprika (to coat tuna)
- 1 8 oz ball of burrata
- 1 bag arugula
- 1 grapefruit and orange, peeled and cut
- 1/4 cup chopped pistachios
- balsamic glaze to taste
- soy sauce, Worcestershire sauce, and rice vinegar



Instructions:

1. Add tuna steaks to a leak proof bag or container. Marinate in soy sauce, Worcestershire sauce, and rice vinegar
2. Heat a pan over high heat and add oil with high smoke point (avocado, peanut, or sesame)
3. To a plate, add sesame seeds, paprika, and tamarind. Coat tuna on all sides with seed mix
4. Add tuna to pan and sear and all sides for approximately 1 minute and 15 seconds or until desired doneness. Let it rest and then slice tuna steaks
5. To a serving plate, add arugula, citrus, chopped pistachios, and burrata. Top with seared tuna
6. Drizzle with balsamic and serve