# SESAME SEARED TUNA ON A BED OF ROCKET

**Categoria:** Main Courses **Tempo di preparazione:** 15 minutes **Difficoltà:** molto facile

## Ingredienti per 4

- 200g (as thick as possible) yellowfin tuna, line caught, wild, sustainably sourced
- 2 teaspoons toasted sesame oil
- 2 tablespoons toasted sesame seeds
- 3 spring onions, thinly sliced
- 100g rocket leaves
- 1 tablespoon extra virgin olive oil
- 1-2 teaspoons sugar, or to taste
- Medium to large pinch powdered ginger
- 2 teaspoons rice vinegar, or to taste
- 1-2 teaspoons soy sauce

Preparation time: **about 15 minutes**
Cooking Time: **2 -3 minutes**
Assembly time: **5-10 minutes**
Serves; **4**

**Method**

Dry the tuna steaks, then season to taste, rub with half the sesame oil, and sprinkle on both sides with half the sesame seeds. Store in the fridge while you prepare the salad.

Mix spring onions with rocket leaves, then mix the dressing: the remaining sesame oil, sesame seeds, sugar, ginger, and soy sauce.

Set aside.

Then sear the tuna. Heat a heavy pan fairly hot, or until smoking.

If its nonstick there is no need to use oil, but if not, use a tiny bit so that the fish doesn't stick.

Place the fish onto the hot pan and cook over high heat for 1 minute on each side (top and bottom; if it's quite thick, you can sear the sides a bit as well).

not be tempted to overcook; it's the tenderness of being halfway between cooked and raw that is so delicious and has such a wonderful mouthfeel.

Remove from pan and leave to stand for a few minutes.

Slice fairly thinly, about 2 mm across the grain.

Place the warm tuna slices on top of the rocket and spring onions, then dress with the reserved dressing.

Eat warm.

**Cooks Tip:** Replace the tuna with fresh salmon steaks.