

# Sesame Crusted Tuna

Recipe by C-

Adapted from Cooking Light 3/04

Cooks Hint: If you like your tuna seared-rare style, than be sure to buy sushi grade tuna.

This recipe makes: eight 2 unit protein portions (@3 oz. per serving tuna)

This recipe makes: approx. five 3 unit protein portions (@4.5 oz. per serving tuna)

This recipe makes: four 4 unit protein portions (@6 oz. per serving tuna)

This recipe makes: approx. three 5 unit protein portions (@7.5 oz. per serving tuna)

Cooks Hint: Cut and weigh out your portion amount prior to cooking.

## Ingredients:

1 Tbsp. Sesame oil

4 - 6 oz. Yellow fin Tuna Steaks, about 3/4 inch thick

3 Tbsp. Low-sodium Soy Sauce, divided

1/4 tsp. Kosher salt

1/3 cup Sesame seeds, \*toasted

2 Tbsp. Green onions, sliced

## Directions:

### Step 1:

In a large shallow bowl, combine the tuna steaks and 2 Tbsp. of the Soy Sauce, tossing gently to coat. Sprinkle the steaks with the 1/4 tsp. salt. Allow to marinate while you toast the sesame seeds. \*In a small dry (no oil spray) sauté skillet, toast the seeds by heating them over med-high heat for about 2 minutes, or until golden. You will need to constantly move the seeds around so that they toast on all sides. Remove the skillet from the heat and move the toasted seeds to a small plate.

### Step 2:

Begin the sesame oil in a large skillet over medium-high heat. When the skillet is hot -n- popping, use tongs to take each tuna steak out and dredge the sides in the sesame seeds. Place the tuna in the hot skillet. Cook about 3 minutes on each side, or until your desired degree of doneness.

### Step 3:

Remove the tuna from the skillet to a waiting plate and serve immediately over a bed of rice. Drizzle each tuna steak with the reserved Soy sauce and sprinkle the green onions over top.