

# Sesame Crusted Tuna

## Ingredients

Serves 4

2 Tuna steaks  
2 tbsp sesame seeds  
2 tsp sesame oil

### DRESSING

1 tbsp miso paste  
1 tbsp rice vinegar  
1 thumb-sized piece of ginger, grated

### SALAD

Lettuce, cored and cut into chunky pieces  
100g sugar snap peas  
A handful of radishes, quartered  
½ red onion, finely sliced  
1 red chilli, finely chopped  
Handful of coriander, torn



## Method

For the dressing, put the miso into a bowl and add 50ml of cold water, whisking to dissolve. Stir in the rice vinegar, ginger and some seasoning.

Tip all of the salad ingredients into a large bowl, then toss gently with the dressing.

Cut the tuna steaks into 3cm fingers, then put the sesame seeds onto a plate and roll over the tuna pieces to cover all the sides.

Heat the sesame oil in a non-stick frying pan over a medium-high heat. Cook the tuna pieces for 30 seconds on each side, just to sear and toast the sesame seeds.

Divide the salad between two plates and serve with the tuna on top.