

Japanese-style tuna with Asian salad

Don't be scared off by the long list of ingredients as this dish is simple to prepare and is beyond tasty and fresh. Tuna is a rich source of omega 3 fatty acids that have are thought to benefit the heart by increasing HDL cholesterol and reducing inflammation in the body.

These fatty acids are also good for the skin by supporting cell membranes that act as a passageway to nutrients in and waste out of cells as well as retaining water that moisturizes and plumps the skin. This dish is also a good option for those trying to cut down the carbs in their diet, but you can serve with brown rice or quinoa as an option.

Serves 2

480 calories per serving (using 1 tbsp of chive oil)

Ingredients

250g fresh tuna (the best quality you can find)
25g sesame seeds

Salad

1 medium avocado
½ cucumber
1 head of pak choy
1 tbsp chives, chopped
Small handful of coriander, finely chopped
A few mint leaves, finely chopped
2 tsp sesame oil
½ lime, juiced

Dressing

30ml reduced sodium, light soy sauce
30ml mirin
2 tsp rice wine vinegar
Chive oil
120ml light olive oil
Large handful of chives, finely chopped

Method

- 1. Place the sesame seeds on a small plate.*
- 2. Brush the tuna with a little light olive oil and roll in the sesame seeds until all the sides are*



covered then set aside.

- 3. Prepare the salad. Cut the avocado in half, remove the stone then peel off the skin. Cut each half into thin slices. Half the cucumber and remove the seeds then cut each half into thin slices diagonally. Trim the bottom off the pak choy and wash the leaves then dry and slice each leaf into thin strips. Add the avocado, cucumber and pak choy to a medium-sized bowl and gently combine. Add the chives, coriander and mint along with the sesame oil and lime juice then continue to combine.*
- 4. Prepare the dressing by adding the ingredients to a small bowl and whisking with a fork.*
- 5. For the chive oil, place the oil and chives in a small blender and whizz for 30 seconds. This will make a larger quantity of oil than required but you can keep it in a container in the fridge.*
- 6. Heat a little oil in a large, non-stick frying pan or griddle until smoking hot. Place the tuna on the pan and cook for one and a half minutes on each side (medium-rare).*
- 7. To serve the dish, cut the tuna into thin slices and place on a long, rectangular, shallow-sided dish. Mound the salad at one end of the dish. Pour the soy dressing over the tuna and salad then drizzle a little of the chive oil over the tuna (to taste).*