



SESAME SEARED TUNA

Aim: A high protein, omega 3 and unsaturated fat packed nutrient bomb!

Ingredients

- 280g tuna steak
- 3 tbsp black & white sesame seeds
- 1.5 tbsp sesame oil
- 100g uncooked quinoa
- 1.5 cups hot water
- 110g sliced baby asparagus (~1 inch)
- 70g sliced courgette (cubes)
- 2 tbsp chopped fresh parsley
- 1 whole medium avocado
- 2 tsp lime juice
- 1 tsp black sesame seeds
- Salt

Directions

READY IN: 45 // SERVINGS: 2

1. Heat 1 Tbsp oil in a pan over a medium heat, add the quinoa and stir for 2-3 mins until the quinoa is coated in oil.
2. Reduce the heat, add the water and a pinch of salt. Cook for 20 mins, then remove from heat, cover and steam for 5 mins. Cool.
3. In another pan, over a low-medium heat, heat 1/2 Tbsp Oil and fry the sliced asparagus, before adding the courgette, a pinch of salt and pepper and continuing to fry, stirring, for 3 mins
5. Add the quinoa, fry for 2-3 mins, remove from heat and stir in the parsley
6. Slice the tuna into a uniform rectangle or triangle (approx. 1.5cm thick), brush all sides with oil and season lightly with salt, before coating in black & white sesame seeds, pressing the seeds in to completely cover the tuna
8. Pre-heat pan over a medium to high heat with enough oil to coat the pan
9. Add tuna and sear for ~40 secs on all sides to sear edges (inside is raw)
10. Allow tuna to rest for 1-2 mins then slice with a very sharp knife
11. For avocado, top with fresh lime juice, a small pinch of salt and black sesame to garnish

Variations to consider: switch tuna for beef if you like meat based tataki. To reduce the fat content, omit the avocado. Adjust the carbohydrate content by varying the amount of quinoa added.

CALORIES

668

CARBOHYDRATE

44

PROTEIN

52

FAT

34