



Sesame-Crusted Tuna with Asian Slaw

Servings: 2

Prep Time: ~15 minutes

Cook Time: ~6 minutes

Ingredients

For the tuna:

- 2 tuna steaks (about 6 oz each)
- 2 tbsp soy sauce (or tamari for gluten-free)
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- ½ cup sesame seeds (white and black mix)
- 1 tbsp olive oil (for searing)

For the slaw:

- 2 cups shredded cabbage (red and green mix)
- 1 cup shredded carrots
- ½ cup sliced cucumber
- 2 green onions, thinly sliced
- 2 tbsp chopped cilantro
- 1 tbsp sesame seeds (optional)

For the slaw dressing:

- 2 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tsp maple syrup or honey
- ½ tsp grated ginger
- Juice of ½ lime

Instructions

1. Marinate Tuna: Mix soy sauce, sesame oil, and rice vinegar. Coat tuna steaks and let sit for 10 minutes.
2. Prepare Slaw: Toss cabbage, carrots, cucumber, green onions, and cilantro in a bowl. Whisk dressing ingredients and pour over slaw; mix well.
3. Crust Tuna: Press marinated tuna into sesame seeds on all sides.
4. Sear Tuna: Heat olive oil in a skillet over high heat. Sear tuna for 1–2 minutes per side (for rare) or longer for desired doneness.
5. Serve: Slice tuna and plate over Asian slaw. Garnish with extra sesame seeds and lime wedges.