



TATAKI AHI TUNA

PREPARATION TIME: 5 MIN

INGREDIENTS:

- Ahi Tuna Steak
- Sesame Oil
- Soy Sauce
- Pepper
- Chopped Parsley

INSTRUCTIONS:

1. Brush tuna with oil.
2. Season well.
3. Heat a frying pan over medium-high heat.
4. Cook for 30 seconds each side for rare or until cooked to your liking.
5. Rinse tuna under cold running water.
6. Pat dry with paper towel. Thinly slice.
7. For the dressing, combine all ingredients in a bowl and stir to combine. Season.