

SESAME AHI TUNA WITH ASIAN VEGETABLES

Ingredients

sesame oil
2 TBS soy sauce
½ TBS honey
1 tsp red pepper flakes
1 head broccoli, cut into smaller bite size florets
1 red bell pepper, sliced into thin strips
1 small onion, sliced into thin strips
2 cloves garlic, minced
1 large handful shredded carrots
1 can drained and rinsed baby corn
4-6 oz tuna fillets per person
sesame seeds

Instructions

In a large pan, heat about 1 TBS sesame oil. Add onion and garlic and cook on medium high heat, stirring frequently.

Add the other vegetables as well as they soy sauce, honey and pepper flakes. Combine everything then cover and let it steam for 8-10 minutes, stirring once halfway through.

Set the veggies aside and heat the pan on high with another tablespoon of sesame oil.

Prepare the tuna but covering all sides with sesame seeds. Once the pan is hot and the oil starts to smoke, place the tuna down and let it cook for 2-4 minutes, then flip and cook the other side for another 2-4 minutes. This will make the tuna sear on the outside while staying raw on the inside. This is perfectly safe, but if you're not a fan of raw fish, lower the heat and cover to cook through.

Cut the tuna into small slices, then serve over vegetables.