



Seared Tuna with Sesame Dressing

Serves 2

Ingredients

For The Seared Tuna

- 1 pound tuna
- 1/2 cup white toasted sesame seeds
- 1/2 cup black sesame seeds
- 2 tablespoons sesame oil
- 1/3rd cup sliced green onions
- 1 head of butter lettuce, rinsed and separated into cups, or white rice (optional for serving)

For Your Toasted Sesame Dressing

- 3 tablespoons toasted sesame seeds
- 1/4 cup mayo
- 1/2 tablespoon rice wine vinegar
- 3 tablespoons coconut aminos or soy sauce
- 1 tablespoon sesame oil

Directions:

Make your dressing by mixing sesame seeds, mayo, rice wine vinegar, coconut aminos/soy sauce and sesame oil. Set aside.

Take the tuna and lather in sesame oil. On a plate, add and mix both types of sesame seeds to create a mixture and toss in the tuna to coat.

In a skillet, heat sesame oil on medium-high. Once hot, add the tuna and sear on all sides (about 20 seconds on each side) for a light sear (depending on thickness of tuna). If you want it cooked a little further and still raw in center, go 45-55 seconds on each side.

Remove, let rest for 1-2 minutes, thinly slice and serve with green onions and sesame dressing in lettuce wraps or on top of rice.