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**Recipe:** Crusted seared tuna with crunchy salad

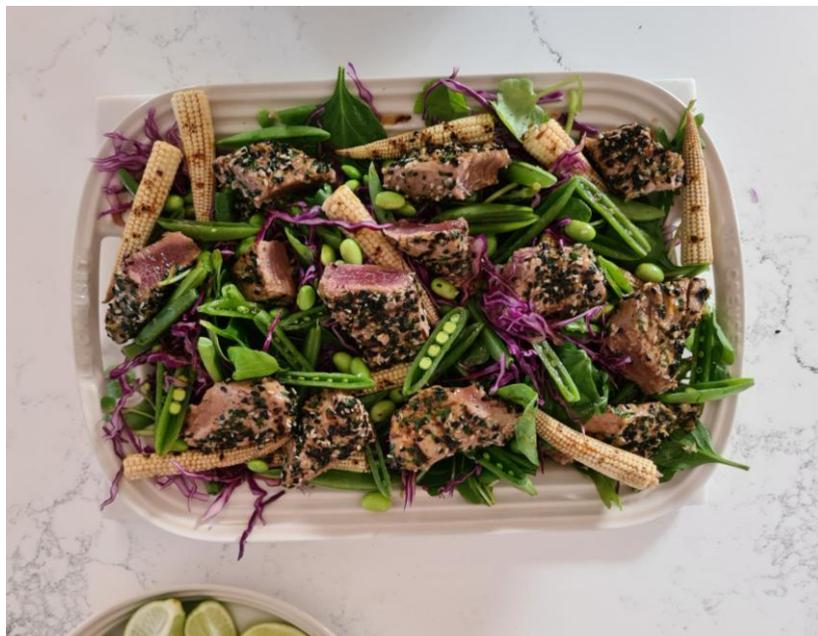
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### **Crusted seared tuna with crunchy salad**

A fav that never disappoints!!! Its impressive, elegant, nutritious and with all the flavour components a spring salad deserves.



Preparation time: 20 minutes

Marination time: 15 minutes (at least)

Cooking time: 5minutes

Serves: 4

### **Tuna**

- 400 g fresh tuna steak
- 2 cloves garlic, chopped
- 30ml (2 tablespoons) parsley, chopped
- 30ml (2 tablespoons) coriander, chopped
- zest of 1 lemon
- 2.5ml (½ teaspoon) cayenne pepper, optional
- 30 ml (2 tablespoons) white sesame seeds
- 30 ml (2 tablespoons) black sesame seeds
- Pinch of sea salt and freshly ground black pepper

### **Salad**

- 135 g baby corn, grilled
- 200 g edamame beans
- 160 g sugar snaps, tailed and halved
- ¼ medium red cabbage, thinly shredded
- 100 g mixed green leaves (watercress, rocket and baby spinach)

### **Dressing**

- 160 ml (2/3 cup) olive oil
- juice of 1 lemon
- 80 ml (1/3 cup) soy sauce
- 45 ml (3 tablespoons) honey or sugar, to taste

### **Method**

- 1. For the tuna:** in a clean fish board, cut the tuna into 8 cm x 3 cm tubes or thin steaks. In a small bowl, mix the garlic, herbs, lemon zest, cayenne pepper and seasoning, then rub on the tuna steaks.
- 2.** Make the salad dressing in a glass jug, combine all the dressing ingredients and stir well until well mixed. Use half of the dressing to marinate the fish. Marinate the fish for at least 15 minutes. Remove from the marinate.
- 3.** In a flat dish, mix the two sesame seeds together, roll the tuna steaks in the mix. Heat the oil until hot and sear the rolled tuna on the one side for 30 sec-1 minute,

turn it until each side is seared and nicely browned. However be careful not to overcook the fish as it still has to be pink in the centre. Continue with the remaining steaks and set aside.

4. It will be a total time of 4 minutes all around. Rest for at least 5 minutes. Cut into slices and set aside
5. **For the salad**, arrange the salad ingredients in a platter and top with the tuna steaks, drizzle with half of the dressing and gently toss. Top with the tuna steaks and drizzle with the remaining dressing and serve immediately.