




SESAME-CRUSTED SOUS VIDE TUNA STEAKS

This is a fun recipe that can be made on a weeknight, but looks fancy enough for a weekend dinner. Serve as an appetizer or with an assortment of pickled vegetables and steamed rice, along with wasabi and low-sodium soy sauce for a delicious, filling, healthy meal.

 45 minutes
 1 hour and 30 minutes
 4 portions

INGREDIENTS

- 2-6 ounce fresh tuna steaks
- 2 teaspoons Kosher salt
- 2 tablespoons sesame oil, divided
- 1 1/2 tablespoons sesame seeds (a mix of black and white is fun)

COOKING METHOD

- 1° Season the tuna liberally with salt, and let rest for 30 minutes. While the tuna is resting, prepare your sous vide container. Heat to 115 degrees Fahrenheit.
- 2° After 30 minutes, drizzle the tuna steaks with one tablespoon of sesame oil, and press the sesame seeds into the top and bottom of the steaks (you can cover the sides, too, if you'd like).
- 3° In a medium-hot pan, sear the tuna steaks for a minute on each side in another one tablespoon of sesame oil, or until the seeds are browned (but not burned).
- 4° Once the steaks are seared, transfer to a vacuum seal bag or zip-top bag, making sure all air is removed. Submerge and cook for 45 minutes.
- 5° Remove the steaks, and serve immediately or cool until ready to serve. Tuna can be thinly sliced and served with wasabi, soy, steamed rice, and pickled ginger or daikon radish for an awesome, fun dinner.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (98 g)	% DRI
ENERGY	176 kcal	173 kcal	9 %
FAT	9 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	7 %
CHOLESTEROL	34 mg	33 mg	11 %
SODIUM	1222 mg	1201 mg	50 %
CARBOHYDRATE	1 g	1 g	0 %
SUGARS	0 g	0 g	—
FIBER	1 g	0 g	2 %
PROTEIN	22 g	21 g	—