

# Seared Yellowfin Gulf Tuna on Sushi Rice with Spicy Green Bean Stir-fry

## Ingredients to serve 4-6:

- ☞ 2 lb yellowfin tuna steaks (about 1/2"-3/4" thick)
- ☞ 1/2 lb green beans, trimmed and par boiled
- ☞ 2 c petite carrots
- ☞ 1 c thinly sliced baby Bella peppers
- ☞ 1 bunch thinly sliced scallions, some reserved for garnish
- ☞ 3 Tbsp fresh ginger root, finely chopped
- ☞ 4 garlic cloves, finely chopped
- ☞ 4 Tbsp sesame oil
- ☞ 1 Tbsp chili garlic sauce, adjust for heat
- ☞ 2 Tbsp honey
- ☞ 1 Tbsp honey mustard
- ☞ 3 Tbsp soy sauce
- ☞ Squeeze of lime juice
- ☞ 3 tsp garlic gomasio
- ☞ Sliced radish, optional garnish
- ☞ Broccoli shoots optional garnish
- ☞ 2 c steamed sushi rice



## Directions:

Heat grill to high. Season tuna steaks with salt and pepper and a light coating of sesame oil. While grill is heating, prepare sauce.

In a bowl combine 1 tablespoon of ginger, half of garlic and a small handful of scallions with 2 tablespoons of sesame oil, chili garlic sauce, lime, mustard and honey. Whisk to combine. Set aside sauce for later.

Heat a large saucepan or wok with remaining 2 tablespoons of sesame oil. Add remaining scallions, garlic and ginger to wok. Stir until fragrant then add peppers, stir about one minute more. Next, add the carrots and beans, stirring frequently until vegetables are tender (a few minutes). Finally, add half of prepared sauce to coat and keep warm.

Sear tuna on prepared grill for about 3 minutes a side for medium rare.

To serve, pile vegetables in the middle of plate, add a mound of steamed sushi rice in center and top with tuna. Coat with a spoonful or more of sauce and garnish with broccoli shoots, scallions and sliced radishes. Enjoy immediately and serve with extra soy sauce if desired.