

# Seared Black and White Sesame Crusted Tuna with Black Forbidden Ginger Rice and Roasted Veggies and Greens

## Ingredients to serve 2

### For Seafood:

- 👉 ½-1 lb tuna steak
- 👉 4 jumbo shrimp peeled and deveined
- 👉 1 tablespoon sesame oil
- 👉 ¼ cup white sesame seeds
- 👉 ¼ cup black sesame seeds
- 👉 2 tablespoons canola oil
- 👉 kosher salt and pepper

### For Ginger Black Rice:

- 👉 1 cup black rice
- 👉 3 teaspoons minced ginger
- 👉 4 minced roasted garlic cloves
- 👉 1 tablespoon vegetable oil
- 👉 2 cups chicken stock
- 👉 1 tablespoon sesame oil

### For Roasted Veggies:

- 👉 3 cups brussel sprouts, sliced thinly
- 👉 1 delicata Squash, seeded and sliced ¼-inch thick
- 👉 4 tablespoons olive oil
- 👉 1 tablespoon honey
- 👉 kosher salt and pepper

### For Salad:

- 👉 4 cups finely chopped kale
- 👉 ½ cup shredded carrots
- 👉 4 cups sliced romaine
- 👉 1 avocado sliced
- 👉 4 scallions, thinly sliced
- 👉 1 tablespoon soy sauce
- 👉 2 tablespoons honey
- 👉 1 tablespoon rice vinegar
- 👉 1 tablespoon sesame oil
- 👉 2 teaspoons sesame seeds

## Directions:

### Prepare Rice:

Heat oil in small saucepan then add ginger and garlic on medium heat until fragrant. Add rice and turn to high stirring until well coated. Add broth, bring to a boil and reduce heat and simmer covered for about 45 minutes until steamed and tender. Leave covered until ready to serve.

### Prepare Roasted Vegetables:

While rice is cooking, preheat oven to 400. Thinly slice brussel sprouts and spread out evenly on a medium baking sheet. Season with salt and pepper then drizzle and toss with olive oil. Repeat this process with squash slices on a separate baking sheet. Place veggies in oven and roast for about 30 minutes until crispy. Remove from oven and set aside.

### Prepare Tuna and Shrimp:

Pat dry tuna and season with salt and pepper. Rub lightly with sesame oil to coat. Place sesame seeds on a flat plate and gently press sesame seeds on all sides of tuna to coat. Dry shrimp off and season with salt and pepper. Using a large cast iron or great searing skillet, add vegetable oil and sear tuna for about 90 seconds each side for rare. Do the same for shrimp, about 2 minutes each side. Remove from heat and slice tuna in ½-inch slices.

### Salad and Assembly:

Mix last 5 ingredients for dressing in mixing cup and whisk well. Mix kale and chopped carrots together. Arrange on plate alongside romaine, creating wedges around plate. Next add black rice, followed by avocado slices, a wedge of brussel sprouts and acorn squash until plate is covered. Place sliced tuna and shrimp on top, sprinkle with scallions and drizzle with dressing. Serve immediately and enjoy!

