KIKKOMAN

Roasted tuna steaks with sesame seed

Total time **10 mins** **10 mins** preparation time

Nutritional facts (per portion):
640 kJ / 152 kcal

INGREDIENTS

4 portion(s)

2	tuna steaks of 150 g each of 2 cm of thickness without skin
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 tbsp	of white sesame
1 tbsp	of black sesame
1	clove garlic
20 g	ginger
1 tbsp	of olive oil
	Salt
	Pepper
Garnish	
200 g	peas
200 g	small zucchinis
1	red onion
1 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon

PREPARATION

Step 1

To accompany: 200 g of peas, 200 g of small zucchini, 1 red onion, 1 tbsp of Ponzu sauce. Peel the ginger, grate it over a hollow dish, add the garlic clove to the garlic press, pour half the sauce, mix, lay the tuna steaks, turn them in the sauce, let marinate 1 hour to cool them by turning them from time to time.

Step 2

Prepare the vegetables: remove the greens peas, plunge them 4 minutes in boiling salted water, then drain them, pass them under cold water, put them in a salad bowl. Cut the small zucchinis into thin strips and place the red onion on a fine grater. Pour 1 tbsp of Ponzu sauce over the vegetables, turn, set aside. Mix the sesame seeds on a plate. Drain the tuna steaks of the marinade, roll them in the sesame seeds, place them in a frying pan and, on a high heat, cook 1 minute on each side.

Step 3

Remove the pans from the frying pan, pour the marinade and remaining sauce into the frying pan, bring to a boil for 2 minutes and remove from heat. Cut the tuna in 1/2-inch strips. To serve: distribute the vegetables on the plates, lay the tuna slices and topping with hot sauce.