



## Seared Ahi Tuna with Green Onions and Wasabi

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 4 people

Ready in: 20 minutes

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## Fresh Seafood



4 6-oz ahi tuna steaks, about 1-inch thick

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## Ingredients

1/3 cup water  
2 tbsp wasabi powder  
1/3 cup mayonnaise  
1 tbsp mirin  
2 tsp oriental sesame oil  
2 tsp grated fresh ginger  
4 green onions, very thinly sliced  
1 tbsp vegetable oil

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## Instructions

1. Whisk wasabi powder and water together until forms smooth paste. Whisk in mayonnaise, soy sauce, mirin, ginger and sesame oil. Stir in green onions.
2. Toss tuna with vegetable oil and season with salt. Heat a large skillet over high heat until smoking and add the tuna. Sear until opaque in centre, approx. 3 min per side.
3. Stir green onion paste into the sauce and serve tuna with the sauce.