



# SARATOGA®

## Sesame Crusted Seared Tuna Salad

WITH CITRUS DRESSING

Pairs with Saratoga Sparkling Spring Water

Saratoga Sparkling Water is the perfect pairing with this salad. The bright bubbles and light minerality complement the seared tuna, and nicely balance the sesame and citrus flavors.

- SERVES 4 PEOPLE
- COOKS IN 30 MINUTES

### Ingredients

#### TUNA

- 1 lb. sushi-grade Ahi Tuna
- 2 tablespoons sesame oil
- Kosher salt to taste
- 1/4 cup light sesame seeds
- 1/2 cup black sesame seeds

#### DRESSING

- 2 tablespoons coconut aminos or low sodium soy sauce
- 1 large garlic clove, minced
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- 2 tablespoons fresh squeezed orange juice
- salt & pepper to taste
- pinch crushed red pepper

#### FOR SERVING

- 4 soft boiled eggs, cut in half
- 8 cups baby spinach
- sesame seeds, as needed
- 2 avocados, sliced

### step BY STEP

#### FOR THE SESAME CRUSTED SEARED TUNA

##### • Step 1/3

Sprinkle tuna with sea salt on all sides. Mix the sesame seeds in a bowl. Take the tuna and press all sides into the sesame seed mixture until it's completely covered.

##### • Step 2/3

In a non stick pan, heat your sesame oil until just smoking. Place your tuna in the pan and sear for 1 minute on each side.

##### • Step 3/3

Let rest before thinly slicing.

#### TO SERVE

##### • Step 1/4

Whisk all the ingredients for the dressing together except for the salt, pepper, and red pepper. Then season with the salt, pepper, and red pepper to taste.

##### • Step 2/4

Add 2 cups of spinach to the bottom of each plate. Top spinach with sliced tuna, sliced avocado, and one egg. Drizzle with dressing, sprinkle with sesame seeds, and serve.

