



Seared Tuna Salad Recipe

4 oz high quality Tuna - preferably yellow fin
2 oz of white sesame seeds
2 oz of black sesame seeds
kosher salt
4 oz olive oil or preferred oil

Salad:

2 oz of spring mix
1 oz crumbled feta cheese
1 oz toasted shaved almonds
1 oz raisins
2 oz of Taste Honey Dressing- Balsamic vinaigrette (available for sale by the bottle at Taste)
½ oz hoisin sauce
¼ oz Chinese hot mustard sauce

Directions: Heat oil in sauté pan. While oil is heating sprinkle tuna filet with kosher salt and dip into mixed sesame seeds. Sear tuna in hot oil for 30 seconds, each side for rare tuna, set tuna aside to cool before slicing.

Salad – tossed spring mix with dressing raisins, feta cheese and almonds. Fan sliced tuna on top of salad, sauce tuna with hoisin and hot mustard sauces

Recipe courtesy of **Taste Restaurant** in Rockbrook Village.

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