

Japanese Tuna Steaks with Sesame Seeds

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 courgettes

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 courgette, 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 courgettes 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.