

# Pan seared teriyaki tuna steaks with chilli jam

Total time 55 mins 10 mins preparation time 20 mins marinating time 25 mins cooking time

## **INGREDIENTS**

### 4 portion(s)

2 tbsp	<u>Kikkoman Teriyaki</u>
	<u>Marinade</u>
4	tuna steaks (each 150g)
1	red chilli, roughly
	chopped
5	spring onions, roughly
	chopped
1	garlic clove, roughly
	chopped
2 tbsp	coriander, roughly
	chopped
	Squeeze of lime juice
1 tbsp	caster sugar
2	water
3 tbsp	Kikkoman Naturally
	Brewed Less Salt Soy
	<u>Sauce</u>
2 tbsp	sesame oil
2 tsp	sesame seeds

## **PREPARATION**

### Step 1

Pour the Kikkoman Teriyaki Marinade into a shallow non-metallic dish, add the tuna steaks and leave for 20 minutes to allow the flavours to infuse the flavours.

#### Step 2

While the tuna is marinating make the chilli jam: Place the chilli, spring onions, garlic, coriander and lime juice in a food processor and blend until thoroughly mixed. In a pan, heat the sugar, water, soy sauce and sesame oil until simmering, then stir in the chilli mixture and sesame seeds. Remove from the heat and set to one side.

## Step 3

Heat the oil in a hot pan or wok and sear the tuna steaks for 1-2 minutes on either side. Finely slice the tuna into strips and pile high on a bed of rocket, together with the chilli jam.