KIKKOMAN

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	Kikkoman Teriyaki Marinade
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 Sauce
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.