

Pan Blackened tuna with Asian Sprout Slaw and Creamy Miso Dressing

Chef Matt Pendergast, Braca Café

Nutritional Facts

Serving Size: 4

Amount per serving:

Calories – 116

Protein – 15g

Fat – 6g

Sodium- 525mg

Cholesterol- 57

Fiber-1g

TUNA

4 7oz -yellow fin tuna steak

4 tbs –clarified butter (1 tbs for each steak)

4 tbs blackening spice (1 tbs for each steak)

ASIAN SLAW

4oz –snow pea shoots

4oz- bean sprouts

2-med. Carrots

1/2 - red onion

1/2- bunch -cilantro leaves

4 tbs -toasted sunflower seeds

MISO DRESSING

3/4 cup-white miso paste

1/4 cup- champagne vinegar

1/4 cup - lime juice (fresh)

2tbs- wildflower honey

1tbs - fresh chopped ginger

1tbs - Mayonnaise

1tsp - Sriracha chili sauce

Two scallions

Pinch of white peppercorn

Pinch of coriander seeds

MISO DRESSING

In a blender, place all ingredients.

Blend on high until smooth

Put aside

ASIAN SLAW

Cut snow pea shoots in half add to bowl

Then add bean sprouts

Peel carrots, cut into thin strips (matchstick size) add to slaw mixture

Peel onion, cut in half and slice thinly

1/2 the cilantro leaves from one (standard size) bunch

0 sunflower seeds toasted dry in a pan

Mix all slaw ingredients together in large bowl

Drizzle in about 1/4 Cup of the dressing, toss with slaw. (may use less or more depending on taste)

TUNA

Heat cast iron skillet on high (skillet must be extremely hot or tuna will not sear)

Rub blackening spice on top face and bottom face of tuna steaks

Dip each face into clarified butter and place onto skillet

Cook for 45seconds to 1 minute on each side (for recommend rare temperature tuna)

SERVING

Drizzle some excess dressing onto plate

Place tuna steak on plate

Top the tuna with the slaw mixture