

Pan Blackened tuna with Asian Sprout Slaw and Creamy Miso Dressing

Chef Matt Pendergast, Braca Café

Nutritional Facts

Serving Size: 4
 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. Then 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 and drizzle in about 1/4 cup of the dressing, toss with slaw.

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.

