
YELLOWFIN TUNA

BOK CHOY, SOYBEANS, RICE NOODLES, GINGER



Serves: 4 Guests • Skill Level: Moderate • Time: 1 hour

Ingredients

4 yellowfin tuna steaks (¾ cup ea.)

Vegetables

1 bok choy
½ cup soybeans
sesame oil
salt and pepper

Ponzu Glaze

1 cup ponzu sauce
1 tbsp. hoisin sauce
½ tsp. ginger
1 tbsp. rice wine vinegar

Rice Noodles

1 lb. rice noodles
⅓ cup olive oil
3 quarts water
salt and pepper for seasoning

Garnish

1 tsp. black sesame seeds
(toasted)

Tuna Steak

Sear the tuna steak in a heated skillet with olive oil on both sides (approx 1 minute each side).

Bok Choy and Soybeans

Heat with olive oil in a medium skillet. Sauté bok choy and soybeans for 2–3 minutes. Season with salt and pepper. Set aside.

Ponzu Glaze

Add the ingredients to a hot saucepan and reduce until thick. If necessary, use a little cornstarch to thicken. Set aside.

Rice Noodles

In a medium stock pot, bring water, olive oil and salt to a boil. Drop noodles in and watch closely (they cook very quickly). Splash with seasoned iced water to cool. Set aside. When ready to serve, reheat in a pan and season with salt, pepper and black sesame seeds.

Assembly

Lay the tossed vegetables on the center of the plate. Roll the rice noodles on a fork and place on top of the vegetables lengthwise. Gently lay the tuna steak against the noodles. Spoon the ponzu glaze onto the bottom of the plate. Garnish with a light sprinkle of sesame seeds.