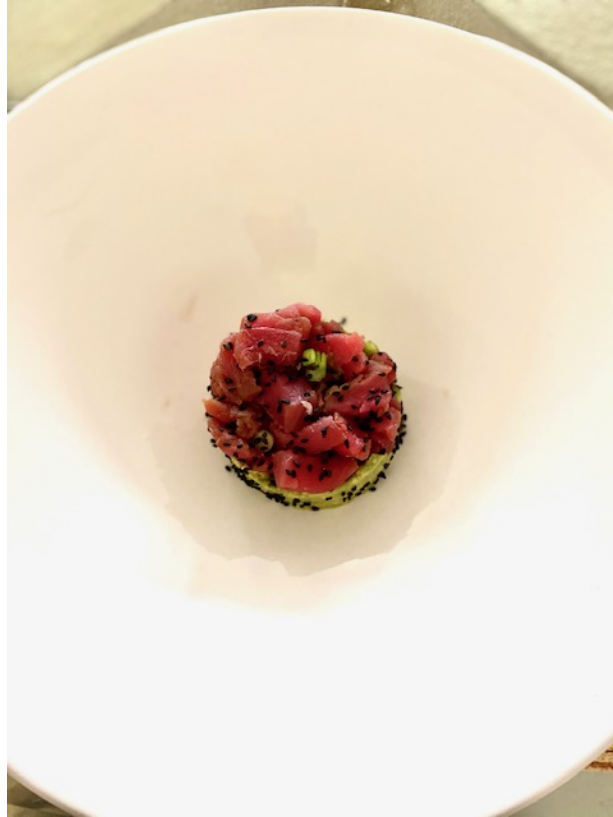


Tuna Tartare With Avocado



Serves

1

Ingredients

1-5oz Ahi Tuna Steak, hand cut into small cubes
1 tbs. of Toasted Sesame seeds
1/2 cup of Spring onion, chopped fine
1/4 cup micro greens
1/2 half ripe avocado, mashed well
2 tsp low sodium soy sauce
2 pinch Sea Salt
Ground Back Pepper to taste
1-Asian Shishito pepper, chopped finely
1-lemon zested
2-tbs ponzu sauce

Preparation Instructions

Cut tuna into bite size chunks .Set aside on ice. In the same bowl with the chopped tuna cubes, add the chopped Spring onions. Add a sprinkling of toasted sesame seeds. Add 1.2 tsp of soy sauce.

Mix well, in a small bowl, mash the avocado half and add sea salt and ground back pepper.Cut the Shishito pepper and add to the mashed avocado. Add the zest of the lemon. Mix well. Add some rice wine vinegar and mix all together.

In a 3”D X 2.75H food ring, press in the avocado mixture .Place the Tuna on the top and press all down. Remove the ring. Add a few sprigs of the micro greens on the top. Drizzle two tbs. of Ponzu

sauce on the plate and serve .