

Seared Tuna Salad

This is an Oscar winning salad. A perfect recipe for a light dinner; its delicious, and light. After eating it you will feel satisfied and full. Aside from being delectable it is also rich in Vitamin A and C, low in calories, and high in protein.

SERVES 2

INGREDIENTS

- 7 oz sushi grade tuna, approx. 1 inch thick (200 g)
- ½ mango, peeled and cut into thin slices (125 g)
- 3 oz green beans, steamed (85 grams/1 cup)
- ½ avocado, cut into thin slices (3.3 oz or 95 g)
- 1 oz Thai basil (28 g)
- 1 green onion, thinly sliced

- 1 tbsp ginger, freshly grated
- 1 tsp honey
- 1 tsp sesame oil
- 1 tbsp rice vinegar
- salt and freshly ground black pepper

Season tuna on both sides with a dash of salt and freshly ground pepper. Sauté it on medium heat for 1½ minutes on each side. Let it rest for 4 minutes. Cut it into thin strips and cut those again in half to obtain bite size pieces.

Steam green beans for 3 minutes. Run them under cold water until they are cool to the touch. This step assures that their green vibrant colour is retained.

To a large bowl add, mango, tuna, green beans, avocado, green onion and Thai basil.

Combine in a small jar ginger, honey, sesame oil, and rice vinegar. Shake well to incorporate all the ingredients.

Add dressing to the bowl, and very gently toss everything together. I use my hands to toss this salad because avocado and tuna are fairly fragile and this way I have more control. Divide into 2 plates and enjoy.

TIP DU JOUR:

If you can't find Thai basil substitute with regular basil or use other green such as watercress or arugula.

Data per serving.

Calories	309	Sodium	126 mg
Protein	32 g	Cholesterol	57 mg
Total Fat	11 g	Fiber	5.4 g
Carbohydrates	22 g		

Nutritional data compiled from the United States Department of Agriculture National Nutrient Database. Reliance on the information shall be at your sole risk.

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