

## Flaxseed and Sesame Encrusted Seared Ahi Tuna with Soybean Garlic Pesto



Encrusted with white sesame and brown flaxseed, accompanied with edamame and seaweed salad

- 4 oz Ahi tuna filet, marinated in teriyaki and fresh ginger
- 3 oz Seaweed salad (store purchased)
- White sesame seeds
- Brown flaxseeds
- Edamame beans
- Pickled ginger
- Fat free sesame seed dressing
- Siracha (Japanese hot pepper sauce)

### **Soybean Pesto:**

- 3 oz Soybeans (steamed)
- 3 oz Fresh basil
- 2 oz Sliced almonds (blanched)
- 2 cups Olive oil
- 1 Tbsp Pepper
- 1 tsp Salt
- ½ Lemon (squeezed)
- 2 oz Grated parmesan cheese

Pesto: Blend all ingredients

Tuna: Marinate tuna 20-30 minutes in teriyaki and ginger. Coat in white sesame and brown flaxseed mixture. In a hot sauté pan, add 2 tablespoons olive oil. Sear tuna on both sides 1 minute each side. Slick and serve over seaweed salad with soybean pesto on the side. Decorate plate with siracha and sesame dressing.