Sesame Crusted Tuna with Avocado

This feels oriental but let's call it an eclectic mix that bears repetition. It comes from one of the *Waitrose* recipe cards supposedly ready in 30 minutes (if you work uninterrupted). Its mix of two colours of sesame seeds was interesting and the rice noodles made a refreshing change.

Planning

serves:	2
prep time:	15 mins
cooking time:	10 mins

Ingredients

2 tbs white sesame seeds
2 tbs black sesame seeds
2 yellowfin tuna steaks
2 tbs light soy sauce
1 tsp toasted sesame oil
1 tsp clear honey
1 lime, zest and juice
1 large avocado
4 salad onions, finely sliced
1 mild green chilli, seeded &
    finely chopped
Sunflower oil
200g dried rice noodles
Salt & pepper

Method

On a dinner plate, mix the sesame seeds together. Lightly season your tuna steaks with salt and pepper then press them into the sesame seed mixture to coat them well on both sides. Set them aside.

Make the dressing by combining in a small bowl the soy sauce, sesame oil and honey with half the lime juice and zest. Give it a good whisk together to dissolve the honey.

In another bowl, make the avocado salsa mixture. Halve the avocado and remove the stone. Scoop out small chunks of the avocado flesh into the bowl and add half the salad onions. Add the chopped chilli with the remaining half of the lime juice and a sprinkle of salt. Stir to combine (the lime juice should preserve the colour of the avocado).

Follow your rice noodle instructions. My dried fine ribbon noodles just wanted soaking in boiling water for four minutes. Drain and stir through the remaining salad onions and lime zest. Divide them between two wide, shallow bowls This could be done while the tuna steaks are frying (next).

Heat to almost smoking a couple of tablespoons of sunflower oil in a suitable frying pan. Fry the sesame-coated tuna steaks to your liking, about two minutes on each side depending on thickness and pinkness.

Sit the tuna steaks on the rice noodles and spoon around the avocado salsa. Drizzle the soy dressing over the lot.