Tuna tataki

Consejo del chef

Use this base soup to get different ones. For example: replace nuts with chestnuts or replace half of the potatoes with seasonal mushrooms.

Raciones para 1

- ❑ 1 Tuna loin
- ❑ Black & white sesame seeds
- ❑ Soy sauce
- ❑ Rice vinegar
- ❑ Sesame oil
- ❑ Scallion
- ❑ Fried onion
- ❑ Chili flakes

1. Place black & white sesame seeds at the bottom of a large plate. Coat the tuna loin with the seeds.
2. Sear tuna in a non-stick pan over medium heat with a dash of oil, 30 seconds each side.
3. Remove tuna from the pan, set aside for a couple of minutes, and slice thinly.
4. Mix rice vinegar, sesame oil, and soy sauce to make a sauce for the tuna and serve with chopped scallion, fried onion, and chili flakes all over.

Chef's Notes

https://cookinglovers.teka.com/es/receta/tataki-de-atun/