



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/en/receta/tataki-de-atun/>

