



Sesame Crusted Miso Tuna



Servings: 2

Prepping Time: 5 min

Cooking Time: 10 min



Ingredients

- 1 tbsp. white miso
- 2 tuna steaks (5 oz./140g each)
- 4 tbsp. sesame seeds
- 1 bunch of spring onions, trimmed and sliced
- 7 oz. (200g) green beans, halved
- 1 tbsp. olive oil

Directions

- Heat 1 tablespoon of olive oil in a large pan over medium-high heat.
- Rub the tuna steaks with miso paste and coat with sesame seeds on each side. Cook the steaks in the pan for 1 ½ minute each side, then place them aside to rest.
- In the same pan cook the spring onions and green beans for 3-4 minutes, or until beans are tender.
- Season to taste with salt and pepper, then divide between two serving plates.
- Slice the steaks and place on top of the vegetables.
- Serve immediately.

