

## Seared Sesame Tuna Steaks



### Ingredients

1 mango, flesh finely diced	
1 avocado, flesh finely diced	
1 small red onion, finely diced	
1 small green chilli, seeds and membrane removed, finely chopped (optional)	
1 tbsp finely chopped coriander leaves	
1 tsp sesame oil	
1 tsp rice wine or sushi vinegar	
1 tbsp fresh lime juice	
1/2 tsp sugar	
4 medium sushi grade tuna steaks	
4 tbsp soy sauce	
2 tbsp lemon pepper seasoning (we recommend Lane's BBQ Sweet Lemon Pepper)	
1/2 cup sesame seeds	
2 tbsp peanut oil	

### Directions

Step 1 – In a medium bowl, gently combine the mango, avocado, red onion, green chilli (if using) and coriander leaves. In separate small bowl combine the sesame oil, rice wine, lime juice and sugar and mix well. Set aside.

Step 2 – Heat the BBQ to high heat (220 - 240°C). Pre-heat a large BBQ safe skillet or hotplate.



Step 3 – Remove the tuna steaks from the fridge, pat dry and then coat lightly with a little soy sauce, to assist the sesame seeds sticking to the tuna. Mix the lemon pepper seasoning and the sesame seeds together and place evenly on a tray. Place the tuna steaks onto the sesame seed mix and coat the top and bottom of the tuna steaks, ensuring that they are coated evenly.

Step 4 – While the tuna steaks are still cold from the fridge, brush a thin layer of peanut oil onto the preheated skillet or hotplate and then immediately add the tuna, pressing each steak down with a spatula to ensure even contact with the cooking surface.

Step 5 – Cook the tuna steaks for 45 seconds to 1 minute on each side, to toast the sesame seeds. The tuna should be cooked to medium-rare. Remove from the BBQ and set aside.

Step 6 – Toss the salad with the dressing then serve immediately with the tuna steaks.

