

Tuna Steak on Ginger-Garlic Dressing Salad

Honey-Mustard Dressing

1 Tsp Dijon Mustard

1 Tsp Honey

1 Tsp Salt

½ cup Balsamico

½ cup Olive oil

1 Tbs water

Mix together until the salt is dissolved (you can use an immersion blender for this)

This I have always in the fridge.

For this dressing add 1 tsp. fresh, grated ginger and 1 clove of garlic, minced

For Tuna (per person)

1 Frozen Tuna steak,(thawed and dried off)

1 tsp Dijon mustard

Sesame seeds (on a flat surface)

Romaine lettuce, washed, dried and torn into bitesize pieces

Heat a cast iron pan till very hot.

Spread the fish with mustard and cover with the sesame seeds, keep the sides seedless.

When pan is hot, spray a little nonstick oil into it (it keeps the seeds from sticking)

Place the fish in hot pan, turn heat down a little.

Now watch!

The fish should be medium-rare to medium/well (like a steak)

You can see the doneness on the side. When the first side is about 1/3 "grey" turn fish carefully (I use a metal spatula for this, so the seed crust stays intact)

Do same with the other side.

Take out of frying pan and put on a cutting board.

Now, mix your salad, slice the fish, arrange on salad and

Guten Appetit