

**Pan Seared Tuna**

1	tsp.	grated ginger	5	mL
½	tsp.	curry paste*	2	mL
2	tbsp.	fresh squeezed orange juice	25	mL
2	tbsp.	rice wine vinegar	25	mL
3	tbsp.	flax oil	45	mL
1	tbsp.	sesame oil	15	mL
		pepper to taste		
12	oz.	fresh tuna (ahi, yellow fin) 1 inch (2.5 cm) thick	375	g
2	tbsp.	whole flaxseed	25	mL
1	tbsp.	assorted peppercorns, cracked	15	mL
1	tsp.	coarse sea salt**	5	mL
2	tbsp.	canola oil	25	mL
24		1/8 inch (3 mm) slices cucumber	24	
1	oz.	assorted sprouts (alfalfa, radish, etc.) or 1 cup (250 mL) bean sprouts	30	g
2	oz.	seasonal greens (2 cups/500 mL) packed***	60	g

- In a small bowl, stir together ginger, curry paste, orange juice and vinegar.
- Slowly whisk in flax and sesame oil. Season with pepper.
- In a bowl combine flaxseed, peppercorns and sea salt. Coat tuna.
- Heat a nonstick pan over medium-high heat.
- Add canola oil.
- Sear tuna 30 seconds each side for rare or up to 1 minute 30 seconds each side for medium. Do not overcook.
- Remove tuna from pan and let rest on cutting board 2 minutes before slicing.
- Arrange 6 cucumber slices on each plate to form a 6 inch (15 cm) diameter circle.
- Build sprout and greens salad in each cucumber circle.
- Slice tuna into 20 slices (5 slices per serving) and place on top of greens.
- Drizzle 2 tbsp. (25 mL) vinaigrette over tuna and greens.
- Serve with flax scones if desired.

\*Curry paste can range from mild to hot and is found in the ethnic section of large supermarkets. 1 tsp. (1 mL) curry powder can be substituted.

\*\*Any coarse salt can be used.

\*\*\*Spring or mesclun mix may be used for the greens.

Yield: 4 servings

Serving Size: 3 oz. (85 g) tuna/ ½ cup (125 mL) greens; 2 tbsp. (25 mL) vinaigrette

Single Serving Nutrient Values

Calories	312.97	
Protein	23.83	g
Carbohydrate	4.73	g
Fiber	2.41	g
Fat	22.83	g
Saturated	3	g

Monounsaturated	7.36	g
Polyunsaturated	11.26	g
Cholesterol	42.19	mg
Folate	32.18	mcg
Potassium	594.11	mg
Sodium	677.77	mg