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**Seared Yellowfin Tuna recipe:**

Ingredients -

Soy Ginger Sauce

- 1/4 cup soy sauce
- 1/4 cup rice vinegar
- 1 tbsp water
- 1 tbsp chopped chives
- 2 tsp crushed red pepper flakes
- pinch of chopped ginger root

Tuna

- 4 (6-ounce) tuna steaks
- 1/4 cup black pepper
- 2 tbsp canola oil
- 4 cups spinach
- 1/2 diced red bell pepper
- 10 chopped chives
- 1/4 cup prepared wasabi

Method -

1. For the sauce, combine all ingredients in a bowl; mix well. Let stand at room temperature 30 minutes.
2. For the tuna, press both sides of the steaks into the pepper, coating well. Heat oil in a saute pan till very hot. Add steaks; sear 10 seconds on each side. Remove to a board.
3. Add spinach to the pan and saute just till wilted. Remove to 4 large plates. Slice tuna thinly across the grain and arrange in a star pattern over spinach.
4. Garnish with bell pepper, chives, and wasabi. Top with sauce.



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