

Asian Sesame Seared or Grilled Tuna Gluten Free

Savannah · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 20 mins

Description

This is a combination of two fabulous marinades My kids absolutely love it and ask for me to make it all the time And just by using a glutenfree soy sauce the entire recipe is gluten free Serve with wasabi paste and rice

Ingredients

- - ¼ cup tamari (gluten-free soy sauce) - ¼ cup sesame oil - 2 tablespoons mirin (Japanese sweet wine) - 2 tablespoons honey - 2 tablespoons rice wine vinegar - 2 tablespoons grated fresh ginger - 2 green onions
- thinly sliced
- divided - 2 cloves garlic
- minced
- or more to taste - 4 (6 ounce) tuna steaks - 2 tablespoons sesame seeds
- or to taste - 1 tablespoon olive oil

Instructions

1. Whisk tamari
2. sesame oil
3. mirin
4. honey
5. vinegar
6. ginger
7. green onions
8. and garlic together in a bowl until marinade is evenly mixed. Place tuna steaks in the marinade and refrigerate for at least 1 hour. Spread sesame seeds onto a plate. Remove tuna from marinade and discard marinade. Press tuna into sesame seeds until evenly coated. Heat olive oil in a cast iron skillet over high heat until very hot; cook tuna in the hot oil until cooked to desired doneness
9. 30 seconds to 5 minutes per side. Recipe Tip To cook this on the grill
10. do not coat the tuna with sesame seeds. Spray the grill with a nonstick grill-specific cooking spray and heat until very hot. Grill the tuna for 2 min per side for medium-rare. Editor's Note: The nutrition data for this recipe includes the full amount of the marinade ingredients. The actual amount consumed will vary.