

Sesame tuna steak, chili sauce, thai basil rice, crunchy vegetables wok with grilled peanuts

Recette pour 4 personnes



Description

A beautiful piece of sesame crusted tuna accompanied by Thai basil rice and crunchy vegetables.

Ingrédients

Tuna

- 4 Unit(s) Yellowfin tuna
- 15 Ml Canola oil
- 150 Gr Black sesame seeds
- 150 Gr White sesame seeds
- 2 Sprig(s) Fresh cilantro

- Salt and pepper
- Butter
- Olive oil

Thai basil rice

- 200 Gr Basmati rice
- 2 Sprig(s) Thai basil

- Salt and pepper
- Butter
- Olive oil

Sweet chili sauce

- 275 Ml Sweet chili sauce

- Salt and pepper
- Butter

- Olive oil

Crunchy vegetables

- 1 Large Carrot
- 1 Unit(s) Zucchini
- 1 Unit(s) Yellow pepper
- 7 Sprig(s) Chives
- 200 Ml Peanut oil

- Salt and pepper
- Butter
- Olive oil

Préparations

Temps de préparation **45 mins**

Préchauffez votre Four à 400 F°

Preparation

Roast the peanuts in the oven for 4-5 minutes.

Wash the vegetables and coriander.

Peel the carrots and cut it diagonally.

Cut the peppers into julienne.

Cut the zucchinis into round slices.

Finely chop the chives.

Remove the basil from the stalks and chop.

Tuna

Lightly oil the tuna and roll them in the sesame mix. In a frying pan with oil, sear the tuna on both sides making sure not to over color the sesame seeds, you are looking for a golden color on the white sesame seeds. Remove from the pan and place on an ovenproof pan. Set aside.

When ready to serve, flash in the oven for 3-4 minutes.

Thai basil rice

In a large saucepot with salted boiling water, cook the rice for 20 minutes, strain and add olive oil. Keep warm.

When ready to serve, add the basil and season accordingly.

Crunchy vegetables

In a large sauce pot of salted boiling water, blanch the carrots for 2-3 minutes then plunge into an ice bath to stop them from overcooking. In a large hot frying pan with oil, sauté the zucchinis for a minute then add the carrots and peppers. Continue to sauté for 3-4 minutes, checking occasionally to make sure not to overcook them, you want the vegetables to remain crunchy. Set aside. When ready to serve add the chives and stir.

Plating

In a round plate, place the rice in the center with a ring mold. Place a nice helping of crunchy vegetables on top of the rice and finally place the tuna on top. Garnish with a few coriander leaves.

Bon appétit!