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Seared Ahi Tuna with Asian Noodles

Yield: Four servings

For the noodles:

12 oz. whole wheat angel hair or soba (buckwheat) noodles
½ cup low sodium soy sauce
¼ cup canola oil
2 tbsp. sesame oil
3 tbsp. rice wine vinegar
1 tbsp. hot sauce
3 tbsp. sugar
1 tsp. garlic powder
½ tsp. ground ginger
3 tbsp. sesame seeds

For the tuna:

4 filets of sushi-grade ahi tuna
approximately ½ cup low sodium soy sauce

For garnish:

pickled ginger
wasabi



1. Prepare the noodles according to the instructions on the package. Return drained noodles into a medium sized pot.
2. In a measuring cup, whisk together all of the remaining ingredients for the sauce. Pour over the hot, cooked noodles. Toss together. (I used tongs and was intentionally not gentle, which helped to break up some of the long noodles.) Place a lid on the pot while preparing the tuna.
3. Heat a non-stick skillet over medium-high heat. Pour approximately 4 tbsp. of the soy sauce into the bottom of a large preheated skillet, until the base is covered with a thin layer of soy sauce. Place raw tuna in the pan and drizzle the top of each filet with approximately 1 tbsp. of soy sauce. Cook for three minutes, until bottom is nicely seared. Flip and cook for another 2-3 minutes, to desired doneness. (If the soy sauce thickens too much, add another 1-2 tbsp. during the cooking process.)
4. Create a bed of noodles on a plate, and place the seared tuna on top. Garnish with pickled ginger and wasabi.