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Sliced Ahi Tuna Atop Arugula

Yield: 2 dinner portions

Time: 15 minutes active plus up to one hour marinating

For the tuna:

Two 6-oz. filets of ahi tuna
3 tbsp. rice wine vinegar
¼ cup low sodium soy sauce
1½ tsp. wasabi powder

For the salad:

4 cups baby arugula
3 tbsp. rice wine vinegar
3 tbsp. low sodium soy sauce
½ tsp. sugar
½ tsp. wasabi powder
1 tsp. finely grated fresh ginger*
½ a large cucumber, cut into bite-sized pieces
1 avocado, sliced
4 tbsp. pickled ginger



1. To prepare the tuna, whisk together the rice wine vinegar, soy sauce, and wasabi powder until the wasabi is fully dissolved. Place this mixture into a ziplock bag with the tuna and marinate in the refrigerator for up to one hour.
2. Lightly coat a non-stick skillet with cooking spray. Heat the skillet over medium-high heat for 2 minutes. Place the marinated tuna in the hot skillet and sear for two minutes per side (or longer if you prefer it to be a bit more cooked through).
3. Meanwhile, prepare the salad: Whisk together the rice wine vinegar, soy sauce, sugar, wasabi powder, and fresh ginger. Toss with the arugula and cucumber. Place in a heap in the center of a plate.
4. Arrange the sliced avocado and pickled ginger in a fan shape around the arugula.
5. Thinly slice the seared ahi tuna and place atop the arugula. Enjoy!