

Seared Ahi Tuna

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/ahi-tuna-recipe-indian>

Ingredients:

- 1 block ahi tuna Sushi Grade
- 1 1/2 teaspoons kosher salt
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1 tablespoon ground black pepper course
- 1 1/2 tablespoons white sesame seeds
- 1 1/2 tablespoons black sesame seeds
- 2 tablespoons canola oil
- 1 wedge romaine some of your favorite mixed greens, or some shredded daikon, like served with sashimi
- dipping sauce be sure to make the Ginger Soy, above!!
- soy sauce Ginger

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 3 grams
3. Fat: 10 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 1150 milligrams

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