

Sesame Ginger Seared Ahi Tuna

Enjoy the flavors of the ocean with this Sesame Ginger Seared Ahi Tuna appetizer. Fresh ahi tuna seared to perfection in a delightful sesame ginger marinade, creating a light and flavorful dish.


20 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1 ahi tuna steak (4-6 oz), 2 tbsp soy sauce, 1 tbsp sesame oil, 1 tbsp rice vinegar, 1 tsp grated ginger, 1 clove garlic (minced), 1/2 tsp honey, 1/2 tsp sesame seeds, Salt and pepper to taste, 1 tsp vegetable oil

Steps

1

In a bowl, mix soy sauce, sesame oil, rice vinegar, ginger, garlic, honey, sesame seeds, salt, and pepper. 2. Marinate the ahi tuna steak in the mixture for 15-30 minutes. 3. Heat vegetable oil in a pan over high heat. 4. Sear the tuna for 1-2 minutes on each side for rare or longer for desired doneness. 5. Slice the tuna thinly and serve.