

Recipe of the Week

Japanese Crusted Yellow-Fin Tuna



1/2 cup Japanese Rice Seasoning
1/2 cup Wasabi Peas
800g Tuna, trimmed and cut into 2 thick steaks
3 tbsp Miso Paste
Vegetable Oil
2 tbsp Soy Sauce
2 tbsp Mirin or Sake

Place rice seasoning and wasabi peas in a food processor or mortar and pestle, and crush to a chunky powder.

Evenly coat tuna with miso paste and press on pea mixture. Heat a frypan with some vegetable oil over medium heat.

Add tuna and cook for 2 minutes. Turn over and cook for a further 2 minutes. Add soy and mirin and allow to simmer for a few seconds, basting tuna with pan juices before placing on a board and slicing into 12 pieces on an angle.

Serve immediately with a light green salad

This dish is worth the effort for its originality. For something simpler, roll the tuna in crushed coriander seeds