

# 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