

Seared Ahi Tuna with Sesame Crust





Instructions

1. Pat tuna steaks dry and season with salt and pepper.
2. Coat all sides with sesame seeds.
3. Heat olive oil in a skillet over high heat.
4. Sear tuna for about 1 minute per side—just enough to create a crust.
5. Slice and serve immediately with soy sauce and your choice of sides.

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