



Seared Togarashi-Crusted Ahi Tuna

with Avocado Wasabi Purée and Quinoa Brown Rice “Fried” Rice

COOKING INSTRUCTIONS

Avocado Wasabi Purée

In the bowl of a food processor with the blade attached, add the avocado, wasabi paste, Greek yogurt, and lime juice. Purée the mixture until smooth and no chunks of avocado are visible. Set aside, covered, in the refrigerator.

Quinoa Brown Rice “Fried” Rice

- In a medium saucepot, rinse and drain brown rice and quinoa with cold water 3 times until the water runs clear.
- Add 3 cups of water and bring to a boil over high heat. Reduce to a simmer over low heat and simmer, covered, for 30-35 minutes or until rice is tender and water is absorbed.
- Remove rice from sauce pot and spread out on a plate or cookie sheet tray and chill for at least 3 hours or overnight in the refrigerator to dry the rice out.
- In a large sauté pan or wok, heat grapeseed oil over medium-high heat.
- Sauté garlic in oil for 10 seconds stirring constantly; add carrots and red peppers and sauté for 2 minutes or until cooked slightly. Add edamame and stir.
- Add cooked brown rice and quinoa, and stir fry until the rice is heated through and turning a nice golden color. Season with low sodium soy sauce, rice vinegar and sesame oil. Taste and adjust seasoning if desired.

INGREDIENTS

Ahi Tuna

- 4 ahi tuna steaks, patted dry
- 4 Tbsp. Japanese togarashi seasoning
- 2 Tbsp. grapeseed oil

Avocado Wasabi Purée

- 1 large, ripe avocado, skin and pit removed
- 3 Tbsp. prepared wasabi paste
- 1/2 cup nonfat plain Greek yogurt
- 1 lime, juiced and reserved

Quinoa Brown Rice “Fried” Rice

- 1 cup brown rice
- 1/2 cup red quinoa
- 3 cups water
- 2 Tbsp. grapeseed oil
- 4 cloves garlic, minced
- 2 carrots, julienned
- 2 red peppers, diced
- 1 cup thawed edamame, out of the shell
- 1/4 cup low sodium soy sauce, or to taste
- 3 Tbsp. seasoned rice vinegar, or to taste
- 1 Tbsp. sesame oil, or to taste

Seared Togarashi-Crusted Ahi Tuna Steaks

- Heat a large cast-iron pan over medium-high heat; add grapeseed oil to heat.
- Liberally sprinkle both sides of tuna steaks with the togarashi seasoning.
- Carefully place seasoned tuna steaks in cast-iron pan and sear on one side for 1 minute, flip, and sear on other side for 30 seconds. Remove tuna steaks from pan.

Tart Cherry “Nice” Cream

- 4 ripe bananas, peeled and mashed
- 1 cup frozen sweet cherries
- 1/2 cup frozen tart sour cherries
- 3 Tbsp. unsweetened almond milk

In the bowl of a food processor with blade attached, purée mashed bananas with frozen cherries and almond milk until it's a smooth consistency, similar to soft-serve ice cream.

Serve.