

# BLUEFIN TUNA TATAKI WITH PONZU SAUCE

## Ingredients:

- 2 bluefin tuna steaks (about 6-8 oz each)
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp rice vinegar
- 1 clove garlic, minced
- 1 tbsp grated ginger
- 1 green onion, finely sliced
- 2 tbsp Ponzu sauce (optional: available at most Asian grocery stores)
- 1 tbsp sesame seeds (optional)
- Microgreens or sliced radish for garnish



## Instructions:

- **Marinate the Tuna:** In a bowl, mix soy sauce, sesame oil, lemon juice, and ginger. Marinate the bluefin tuna steaks for about 10-15 minutes in the fridge.
- **Sear the Tuna:** Heat olive oil in a pan over high heat. Sear the tuna steaks for about 30 seconds to 1 minute on each side, ensuring the center stays rare. Remove and let rest for a minute.
- **Slice the Tuna:** Thinly slice the tuna steaks.
- **Serve with Ponzu Sauce:** Arrange the sliced tuna on a plate. Drizzle Ponzu sauce over the tuna or serve it on the side. Garnish with green onions, sesame seeds, and microgreens.