

Seared tuna with glass noodle salad

With soy dressing and wasabi mayonnaise

Ingredients

- 1 sashimi-grade tuna fillet
- 100 g sesame seeds
- 100 g cooked glass noodles
- 1 bunch of rocket
- 1 daikon radish
- Garlic
- 1 tub of wakame
- 100 ml Japanese mayonnaise
- 1 cucumber
- 1 lime
- Juice of 1 lemon
- Sesame oil, rice vinegar, wasabi and sunflower oil
- Kikkoman soy sauce, sea salt and freshly ground black pepper
- Cress of your choice

Method

1. Cook the glass noodles in salted water for about 2 minutes until tender. Rinse under cold water.
2. Halve the cucumber lengthways and remove the seeds. Shave into long ribbons, roll them up tightly and leave them in rice vinegar for a few minutes.
3. Cut the daikon into matchsticks and marinate in one part lemon juice to two parts sesame oil. Toss with the glass noodles and season with soy sauce.
4. Cut the tuna into strips with a 3 cm square cross-section and coat with sesame seeds. Briefly sear all sides in a hot frying pan with a drop of sunflower oil. Keep the centre red and transfer straight to a chopping board.
5. Mix the mayonnaise with a few drops of lime juice and wasabi to taste (about half a teaspoon). Transfer to a piping bag or squeeze bottle.
6. Divide the noodle salad between the plates and pipe the wasabi mayonnaise around it. Slice the tuna evenly and divide it between the plates. Serve with the cucumber ribbons and wakame, and garnish with cress.

EQUIPMENT

Chopping board, knife, bowl, whisk, saucepan, frying pan, spoon and piping bag or squeeze bottle