



More than Food

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## Sesame-Crusted Tuna Tataki Salad

with Rice Balls, Avocado, and Wasabi-Lime Dressing

Tataki refers to the cooking method of quickly searing over high heat. This allows the tuna to have a crunchy sesame crust with a beautifully rare center. Rolling rice into balls is a fun step for the whole family—be sure to grab a helper!



35 min



level 2



make me first



gluten free



dairy free



nut free



Tuna Fillets



Sesame Seeds



Blackening Seasoning



Rice



Mixed Greens



Avocado



Lime




Wasabi



Mayonnaise

## Ingredients

	2 People	4 People
Tuna Fillets	1)	12 oz / 24 oz
Sesame Seeds	1 T	2 T
Blackening Seasoning	1 t	2 t
Rice	½ C	1 C
Mixed Greens	3 oz	6 oz
Avocado	1	2
Lime	1	2
Wasabi 	1 t	2 t
Mayonnaise	2)	2 T / 4 T
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

- 1) Fish
- 2) Eggs

## Tools

Large Pan, Small Pot, Small Bowl, Whisk

Ruler

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**Nutrition per person** Calories: 655 cal | Fat: 30 g | Sat. Fat: 4 g | Protein: 47 g | Carbs: 51 g | Sugar: 1 g | Sodium: 97 mg | Fiber: 7 g

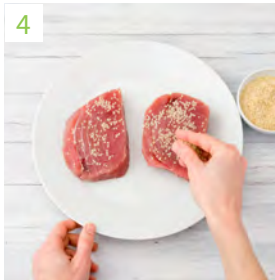
Make sure to wash and dry produce before prepping or cooking!



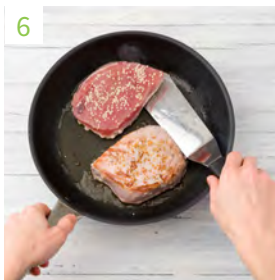
**1 Cook the rice:** Bring a small pot with **1 cup water** and a large pinch of **salt** to boil. Once boiling, add the **rice**, cover, and reduce to a simmer for 15-20 minutes, until tender. Remove from the heat and keep covered.

**2 Prep the avocado:** Halve, pit, and thinly slice the **avocado**. Halve the **lime**. Squeeze half a lime over the avocado to prevent browning.

**3 Make the wasabi-lime dressing:** In small bowl, whisk together the **mayonnaise**, a squeeze of **lime juice**, and the **wasabi paste** (to taste, start with a little and go up from there). Thin to a dressing-like consistency with **1-2 Tablespoons water**, then season with **salt** and **pepper**.



**4 Coat the tuna:** When the rice is almost ready, season the **tuna fillets** on all sides with **salt**, **pepper**, and the **blackening seasoning**. Press **¾ of the sesame seeds** into the outside of the tuna to adhere to all sides. Reserve the remaining sesame seeds for step 7.



**5 Spread the rice** out onto a clean surface (like your cutting board) to cool. Plate a mound of **mixed greens**. Lay the sliced **avocado** in a fan to one side of the greens.

**6 Sear the tuna:** Heat **1 Tablespoon oil** in a large pan over high heat. Once hot, add the **tuna** to the pan and cook for about 1 minute per side, until golden brown on the outside but still rare on the inside. Thinly slice the tuna.



**7 Make the rice balls and plate:** Roll the cooled **rice** into golf ball-sized balls. Plate the sliced **tuna** and **rice balls** on the **mixed greens** with the **avocado** to the side. Sprinkle the rice balls with the **reserved sesame seeds**. Drizzle the plate with the **wasabi-lime dressing** and enjoy!