



JUL
2016

Seared Sesame Tuna over Rice

with Ginger Aioli and Arugula Radish Salad

Ginger and garlic are an aioli match made in heaven and the perfect dressing for our seared ahi tuna. We round out this quick and easy meal with the addition of hearty basmati rice, peppery arugula, and crunchy radishes.



Prep: 10 min
Total: 30 min



level 1



nut free



gluten free



dairy free



make me first



Tuna



Sesame Seeds



Basmati Rice



Ginger



Garlic



Mayonnaise



White Wine Vinegar



Arugula



Radishes



Scallions

Ingredients

	2 People	4 People
Tuna	1)	24 oz
Basmati Rice	1/2 Cup	1 Cup
Sesame Seeds	3 T	6 T
Ginger	1 Thumb	2 Thumbs
Garlic	2 Cloves	4 Cloves
Mayonnaise	2) 3)	4 T
White Wine Vinegar	1 T	2 T
Arugula	2 oz	4 oz
Radishes	3	6
Scallions	2	4
Olive Oil*	2 t	4 t

*Not Included

Allergens

- 1) Fish
- 2) Eggs
- 3) Soy

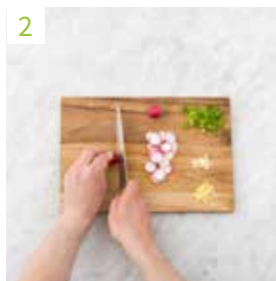
Tools

Small pot, Peeler, Small bowl, Large pan, Large bowl

Ruler

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Nutrition per person Calories: 587 cal | Fat: 24 g | Sat. Fat: 3 g | Protein: 5 g | Carbs: 45 g | Sugar: 1 g | Sodium: 182 mg | Fiber: 3 g



2

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

2 Prep: Wash and dry all produce. Thinly slice the **scallion greens** (reserve the whites for another use). Thinly slice the **radishes**. Finely mince or grate **1/4 teaspoon garlic**. Peel and mince or grate **1/2 teaspoon ginger**.



3

3 Make the aioli: In a small bowl, combine **2 Tablespoons mayonnaise**, a pinch of **garlic** (to taste), a pinch of **ginger** (to taste), and **1/2 teaspoon white wine vinegar**. Thin with about **1 teaspoon water** to reach a drizzling consistency. Season with **salt** and **pepper**. Taste and adjust with more **ginger, garlic**, or **vinegar**, if desired.



4

4 Crust and sear the tuna: Season the **tuna** on both sides with **salt** and **pepper**. Press the **sesame seeds** onto both sides of the tuna to adhere. Heat a drizzle of **olive oil** in a large pan over high heat. Add the tuna to the pan. Cook about 1 minute per side, until golden brown on the outside but still very rare on the inside. **TIP:** If you'd like your tuna less rare, lower the heat and cook a couple minutes longer.

5 Dress the salad: In a large bowl, toss together the **arugula, radishes**, a drizzle of **olive oil**, and a drizzle of **white wine vinegar**. Season with **salt** and **pepper**.



5

6 Serve: Thinly slice the **tuna**. Plate the tuna on a bed of **rice** with the **salad** on the side. Drizzle with the **aioli**, and garnish with **scallion greens**. Enjoy!

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