

We Didn't Travel, but This Sesame-Crusted Ahi Tuna With Spinach Did

A restaurant-inspired tuna bowl built from pantry staples, fresh spinach, and a soy-ginger-lime sauce that travels easily across tastes and tables.

BY LAVONNE ROBERTS

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Sesame-crusted ahi tuna with spinach, cucumber, rice, and bright pickled garnishes.

Sesame-Crusted Ahi Tuna Bowls

With spinach and soy-ginger-lime sauce · Serves 4

This dish comes together from three elements: a sauce, seared tuna, and a base of salad or grain. I vary it according to what I have on hand—sometimes adding quinoa or sushi rice. The sauce is deliberately adaptable: sweeter with more honey, brighter with more lime, or hotter with additional jalapeño.

FOR THE TUNA

- 16 ounces sashimi-grade ahi tuna steak (about 4 ounces per person)
- 1/2 cup black sesame seeds
- 1/2 cup white sesame seeds
- Kosher salt
- Freshly cracked black pepper
- Sesame oil, for rubbing the tuna
- Light olive oil or another neutral oil, for searing

SOY-GINGER-LIME SAUCE

- 4 tablespoons soy sauce
- 2 teaspoons sesame oil
- 2 tablespoons fresh lime juice
- 1 1/2 teaspoons finely grated fresh ginger
- 1 1/2 tablespoons honey or agave
- 1/2 garlic clove, finely grated
- 1/2 jalapeño, thinly sliced for less heat or minced for more
- 1 tablespoon rice vinegar

FOR SERVING

- One 5-ounce package baby spinach
- Cooked sushi rice or quinoa (optional)
- Sliced avocado
- Thinly sliced green onions
- Chopped Persian cucumber
- Pomegranate seeds or quick-pickled onion, for garnish

METHOD

- 1 Combine the black and white sesame seeds with salt and pepper on a plate or in a shallow bowl.
- 2 Rub the tuna lightly with sesame oil and season it with additional salt and pepper. Press every side into the sesame-seed mixture until well coated.
- 3 Heat a thin film of light olive oil or another neutral oil in a large skillet over high heat.
- 4 Sear the tuna for about 30 seconds per side—long enough to toast the sesame seeds and color the exterior while leaving the center rare.
- 5 Transfer the tuna to a cutting board. Using your sharpest knife, slice it thinly across the grain.
- 6 For the sauce, whisk all the ingredients together in a bowl. Alternatively, pulse them briefly in a food processor. Taste and adjust the honey, lime, or jalapeño until the balance is right for you.
- 7 Divide spinach among four bowls. Add rice or quinoa, if using, then arrange the sliced tuna on top. Spoon over the sauce and finish with avocado, green onions, cucumber, pomegranate seeds, or pickled onion.

A NOTE ON DONENESS

Because the center remains rare, use sashimi-grade tuna from a trusted source and keep it properly chilled. If you prefer the fish more cooked, extend the searing time gradually; the exact timing will depend on the thickness of the steak.

This clean edition removes the original website and browser headers, navigation, promotional links, and print artifacts. The recipe has been lightly edited for grammar, clarity, measurements, and internal consistency.