

Sesame-Crusted Ahi Tuna Bowls With Spinach and Soy Ginger Lime Sauce





Serves 4

Ingredients

This incredibly easy-to-make dish comprises three elements: a sauce, seared tuna, and a base of salad or a grain. I vary the dish, depending on what I have on hand. For example, sometimes, I'll add quinoa. The beauty of the sauce is that it can be easily adapted to an individual taste, made sweeter by adding more honey, acidic by adding more lime, or spicier by amping up the jalapeño.

For Tuna

16 oz. sashimi-grade ahi tuna steak (4 oz per person)

1/2 cup each of black and white sesame seeds

Kosher salt

Cracked black pepper

For Soy Ginger Lime Sauce

4 tbsp soy sauce

2 tsp sesame oil

2 tbsp lime juice

1 1/2 tsp fresh ginger, grated

1 1/2 tbsp honey or agave

1/2 garlic clove, grated

1/2 a jalapeño, thinly sliced (less spicy) or minced (more spice) — use as little or much of the jalapeño depending on the spice level

1 tbsp rice wine vinegar

For Serving

1 5 oz. package of Fifth Season spinach

Directions

For Tuna

1. Combine white and black sesame seeds with salt and pepper on a plate or shallow bowl.
2. Rub sesame oil on all sides of the tuna, season with additional salt and pepper, then coat all sides with the sesame seeds mixture.
3. Heat light olive oil or neutral oil in a large skillet over high heat.
4. Sear each side of the sesame-crusted tuna for approximately 30 seconds per side, searing the outside of the ahi tuna and toasting the sesame seeds.
5. Remove the tuna, place it on a cutting board, and use your sharpest knife to slice the tuna into thin slices.

For Soy Ginger Lime Sauce

Combine all ingredients in a bowl and whisk, or add all to a food processor and pulse. You can also grind all dry ingredients in a mortar and pestle and then combine with the liquids.

Other Condiment Options for Serving

Sushi Rice: I use a rice cooker ahead of time.

Avocado: I slice my personal favorite — avocados, a staple in our house.

Green Onions: I add thinly-sliced chopped green onions to add texture and flavor.

Cucumbers: I chop up small Persian cucumbers when available..

Pomegranate seeds as a garnish

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