



Lunch, Cream Cheese

Spicy Soy Seared Tuna Sandwich

Prep time: Cook Time: Servings: 1

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Green Leaf Lettuce			2 Leaves
Wasabi Powder			1 tsp
Pickled Ginger Juice			2 tsp
Soy Sauce			2 Tbsp
Granulated Garlic			1 tsp
Ciabatta Sandwich Rolls		Sliced and toasted	2 Rolls
Salt			Pinch
Vine Ripe Tomato			2 Each
Black Pepper			1/2 tsp
Cayenne Chili Powder			1/2 tsp
Cream Cheese			3 oz
Sesame Seeds		Toasted	2 tsp
Mango		Sliced	1/2 Each
Pickled Ginger			1 Tbsp
Fresh Yellowfin Tuna Steaks			4 oz

Instructions

1. Mix together the Soy Sauce with the garlic, wasabi, cayenne, and pepper.
2. Place the fish in the mix, and marinade for ½ an hour prior to cooking.
3. In a hot sauté pan with 1 tbsp. canola oil sear the tuna steaks for 1 minute on each side for medium rare doneness.
4. Remove from the pan and rest while you build the sandwiches.
5. Combine the cream cheese with the pickled ginger, juice, and salt.
6. Spread the cream cheese on the toasted ciabatta crown.
7. Layer with the vegetables and mango.
8. Place the tuna steaks on the sandwich, and sprinkle with sesame seeds.

