

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Seared tuna steak

Suggestions: a very nourishing and tasty winter or spring dish full of minerals like phosphorus, iron, magnesium, calcium, potassium, zinc, manganese and vitamins of the B group, A, C, D, E and K.

Instructions

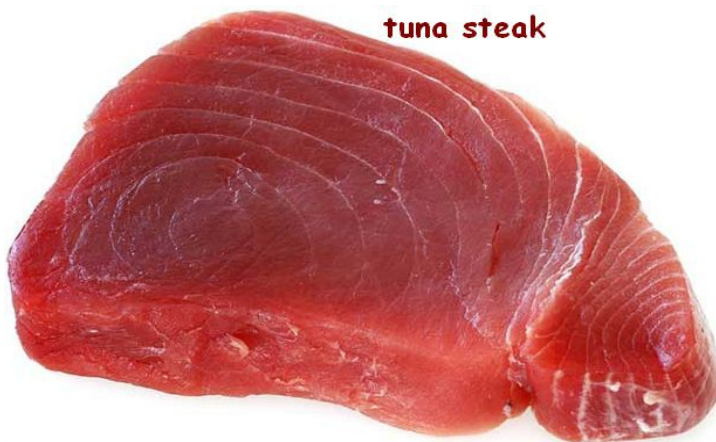
**extra virgin
olive oil**



sage



tuna steak



Heat some extra virgin olive oil or sesame seed oil in a pan with some sage leaves and add a tuna steak when the oil is hot.

sesame seeds



sea salt



black



pepper

Sprinkle the fish with white or black sesame seeds on one side, wait it to sear a bit and then turn it and sprinkle with some sesame seeds also on the other side.

In a while add salt and pepper on both sides. Alternatively you can use shoyu or tamari instead of the salt.

balsamic vinegar



In a few minutes add some balsamic vinegar, let it settle for a minute or two and serve it when it is cooked to your taste; if you prefer it rare you will turn it on both sides quite quickly, otherwise you will leave it for a bit longer.



If you like this recipe, I would like to read your comments!

Contact me on www.flyinginspiration.com