

# SEARED TUNA TACOS

*Tuna in a taco? Yes indeed. A modern day twist on the soft taco. Light, healthy, and low-cal.*



**Servings:** 4  
**Prep time:** 10 minutes  
**Cooking time:** 3 minutes  
**Cost:** \$27.91

## *Ingredients*

1 lb fresh sashimi grade tuna (ask fishmonger)  
2 cups lettuce, chopped  
2 avocados, cubed or diced  
4 soft taco shells  
2 tablespoons olive oil  
1 cup canned corn  
Sauce (see below)

## *Sauce Ingredients*

2 heaping tablespoons mayonnaise  
1 tablespoon lemon juice  
½ teaspoon wasabi paste  
1 teaspoon sesame oil  
2 teaspoons soy sauce

## *Equipment*

Large sauté pan  
Mixing bowl  
Measuring cups & spoons

## *Directions*

1. Heat an empty, large sauté pan over medium-low heat. Heat each taco shell for one minute on each side.  
If you want to have the shells heated when the tuna is ready, use another pan to sear the tuna. If not, the same pan will do.
2. In a mixing bowl, combine the sauce ingredients and stir until it reaches a smooth, sauce-like consistency and is thoroughly blended.  
Dice the avocados and chop the lettuce.
3. For searing the tuna: Heat 2 tablespoons olive oil in a large sauté pan over medium-high heat. Season the tuna with salt and pepper on each side. Sear for about 90 seconds on each side.  
Dice the tuna once it is cooked.  
The less time you sear, the less cooked your tuna will be, and vice-versa.  
If you ask your local fishmonger for true sashimi grade tuna, you should not worry about parasites or disease.  
If it is not sashimi grade, we recommend cooking the tuna the entire way through.
4. To build your taco: fill the warm tortilla shells with the avocado, tuna, corn, lettuce, and dressing, wrap, and serve!