Seared sesame-crusted tuna steaks, creamy avocado, and crunchy cucumber and radish salad over white jasmine rice is full of flavor and incredibly refreshing.

**SERVES 2**

**EST. COOKING TIME:** 35-45 MINUTES  •  **ALLERGENS:** SOY, FISH (TUNA)

**SKILL LEVEL:** 🍽️  •  **SPICE LEVEL:** 🌶️

**PAIRINGS:**
- Dry rosé wine or **Sauvignon Blanc** from Chile or New Zealand
- Lighter style lager such as **Pilsner** or American **Pale Ale**

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Wash and dry the fresh produce. Slice the cucumbers and radishes into ⅛-inch rounds and add to a bowl. Cut the dark green ends from the light ends of the green onions. Thinly slice the dark green ends of the scallions, finely chop the light ends, and place in separate bowls. Cut around the avocado to open and separate the halves. Score the flesh of the avocado in a crosshatch pattern to make ½-inch chunks, being careful not to pierce the skin. Use a spoon to scoop out the flesh and set aside.

Dry the tuna steaks with paper towels and brush a teaspoon of vegetable oil onto each side. Place HALF the sesame seeds on a plate and season with 1/2 tsp of salt. Coat the tuna on all sides with the seasoned sesame seeds. Heat a medium nonstick sauté pan over high heat. Once the pan is hot, add 1 tablespoon of vegetable oil and swirl to coat the pan. Place the tuna in the pan and sear for 15 to 30 seconds on each side. Remove tuna to a cutting board and set aside.

Place the jasmine rice in a small saucepan with 1 cup of water and a pinch of salt. Bring to a boil over high heat, reduce to a simmer, and cover. Cook for 15 minutes. Remove from heat and set aside. Before plating, remove lid and fluff rice with fork. Locate the direction of the grain (the lines running through the tuna steaks) and cut across the grain into ½-inch strips. (Note that if the direction of the grain changes, turn the tuna steak to make sure you are still slicing across the grain.) Cut the slices into ½-inch cubes. Add the diced cubes to the tamari-sriracha dressing. Toss gently and set aside.

In the bowl with the cucumbers and radishes, add the rice wine vinegar and HALF of the agave syrup. Mix to combine. In a separate bowl, add the chopped light green onions, tamari, sesame oil, sriracha, a pinch of salt, and remaining agave syrup. Stir to combine.

Divide the jasmine rice between two bowls. Using a slotted spoon, place the dressed tuna next to the avocado in a mound on top of the rice. Finally, place the cucumber and radishes in between. Top with pickled ginger, sliced green onions, and remaining sesame seeds. Drizzle the remaining tamari-sriracha dressing over the top of the bowls and enjoy.

INGREDIENTS

4 oz jasmine rice
1 mini cucumber
4 radishes
1 Tbsp rice wine vinegar
2 tsp agave
1 avocado
tamari
tscallions
tBsp sesame oil
1 tsp sriracha sauce
12 oz ahi tuna steaks
2, 6 oz steaks
2 Tbsp sesame seeds
black and white mixed
t tsp pickled ginger

(*FDA recommends cooking fish to a minimum 145°F)

WHAT YOU’LL NEED:

TOOLS:
small saucepan with lid
medium nonstick sauté pan
pastry brush

HAVE ON HAND:
vegetable oil
salt

KITCHEN 411 Try this delicious method for making tuna and enjoy the latest dinner trend.