

SEARED YELLOW FIN TUNA WITH ASIAN SLAW & SPINACH ALMOND FLATBREAD

2 tuna steaks, approximately 6 ounces
olive oil or grapeseed oil

In a skillet over medium heat, warm 2-3 tablespoons of oil. When it is hot, sear the tuna by cooking 3-4 minutes on each side, then make sure to sear the edges. Salt and pepper to taste.

Asian Slaw:

1/2 head purple cabbage, thinly sliced
2 medium carrots, grated
1/3 cup diced onion
1/2 - 3/4 cup chopped fresh cilantro
2-3 tablespoons ginger, minced
2/3 cup fresh mayonnaise (recipe below)
1 teaspoon Asian five-spice seasoning
1/2 - 3/4 tsp ground red pepper
salt to taste

Gather all ingredients in a large bowl and mix well. Refrigerate before serving.

Fresh Mayonnaise:

1 egg
1/2 teaspoon ground mustard
3 tablespoons lemon juice
1/2 teaspoon salt
1/2 teaspoon ground red pepper
1 cup unrefined sunflower seed oil (or olive oil)

In a blender or food processor, blend egg, lemon juice, salt and pepper for about a minute. While processor is still running, stream oil until mayonnaise thickens. Add more salt and pepper to taste. Refrigerate to set.

Spinach Almond Flatbread:

2 cups almond flour
2 eggs
1 tbsp olive oil
1 tsp salt
1 packed cup chopped fresh spinach

Preheat oven to 350 degrees. Mix all ingredients well. Flatten (to about 1/4") onto a well-greased cooking sheet. You may have to wet your hands to be able to flatten without the batter sticking to your hands. Bake about 15 minutes.



Photo and recipe courtesy of Jennifer Raper, www.kitchenpsycho.com