

Tuna Steak with Wasabi Mashed Potatoes

40–50 Min

Ingredients 4 Portions

= Kotányi Produkte

500 g	Tuna, sushi quality
1 piece	Broccoli
1 kg	Potatoes, floury
150 ml	Milk
50 g	Butter
1 piece	Garlic clove
1 piece	Ginger, half the size of a thumb
1.5 tsp.	Wasabi powder
2 tbsp.	Black sesame seeds
2 tbsp.	Soy sauce
1 pinch	Pepper Black, Whole
1 pinch	Sea Salt, Coarse
	Oil for frying (e.g. peanut oil)

Preparation

1. Cook the potatoes in a large pan of water. Meanwhile, peel and thinly chop the garlic and ginger. Combine 2 tbsp. of sesame oil and 2 tbsp. of soy sauce to make a marinade.
2. Cut the tuna into 4 equal-sized slices, rub with the marinade and allow to infuse.
3. Bring a small pan of salted water to the boil. Cut the broccoli into small florets and wash. Broccoli for around three minutes in boiling water then plunge into ice-cold water so that the florets keep their color.
4. Peel the potatoes, then either crush them or press them through a ricer and mix with milk and butter to form a puree. Season with 1–2 tsp. of wasabi and around 2 tsp. of salt and freshly ground pepper.
5. Briefly fry the broccoli florets in the pan with a little oil and use soy sauce to deglaze.
6. Sear the tuna fish steaks in some oil for around one minute on each side. Then roll in the black sesame seeds.
7. Finely slice the tuna as desired. Dish up with the wasabi potato puree and broccoli florets and serve.