



Tuna Steak with Wasabi Mashed Potatoes

⌚ 40–50 Min ♡ ♡ ♡

Preparation

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)

- 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.

