



## Seared Tuna with Asparagus and Limey Noodles

Start to finish: 30 minutes

Hands on time: 25 minutes

Tuna is the easiest fish to cook. Just remember it only takes a few minutes and it's best served rare with these limey noodles and asparagus. Dinner has never been so easy or delicious.

2 tablespoons soy sauce  
2 tablespoons lime juice  
1 tablespoon water  
2 teaspoons sesame oil  
Pinch red chile flake  
4 oz udon noodles, cooked according to package directions, drained and cooled slightly under running cold water  
Two 4 oz tuna steaks  
Salt for sprinkling  
Freshly ground black pepper  
1/3 cup sesame seeds, white, black or mixed  
1 tablespoon vegetable oil  
12 stalks asparagus, trimmed and cut into 1-inch pieces  
2 green onions  
2 tablespoons minced cilantro plus more for garnish  
Pickled ginger as an accompaniment

Combine the soy, lime juice, water, sesame oil and red chile flake in a medium bowl. Add the noodles and toss to blend. Set aside.

Pat the tuna dry and season on both sides with salt and pepper. Dump the sesame seeds onto a large plate and press the tuna into the seeds so that they adhere on both sides.

Heat a 12-inch skillet over medium-high heat and add the oil. When the oil shimmers and is very hot add the tuna to the pan and sear for 2 minutes on each side. Transfer the tuna to a plate and slice thinly.

Add the asparagus to the hot pan and cook for about 1 minute before stirring. Cook another two minutes, stirring after one minute. You want them to turn a little brown. Scrape any seeds that cling to the tuna plate into the pan and cook one minute longer. Transfer the asparagus to the bowl with the noodles and combine with the green onion and cilantro. Taste for seasoning and add more salt, pepper, chile flake or lime if it needs it.

Arrange the noodles onto two plates with the sliced tuna on top, a sprinkle of cilantro and pickled ginger on the side. Serve at room temperature.

Serves 2