

Ahi Tuna Salad

Recipe courtesy of BGETeamGreen Member Erik Vachon, @dadfuelbbq

Ingredients

2 Ahi tuna filets
2 tbsp sesame seeds
2 tbsp avocado oil or other neutral flavored oil, olive oil
1 red bell pepper, julienned into strips
1 jalapeno, cut into rounds
2 spring onions, julienned into strips
Arugula greens
1 cup pineapple chunks
¼ cup soy sauce
1 tsp sugar
2 tsp Yuzu juice
Pickled ginger for garnish
Wasabi for garnish

Method

Set the EGG for direct cooking without a convEGGtor at 600°F/315°C. As the EGG is heating up clean and oil grill grates to ensure that the fish won't stick to the grates.

Mix the soy sauce, yuzu and sugar together for a salad dressing. Combine the arugula, spring onions, bell pepper, jalapeno and pineapple and mix with the dressing. Set aside.

Lightly rub the tuna with oil and sprinkle with sesame seeds. Place the tuna on the grates for about 60 to 90 seconds (depending on thickness), then flip and grill the second side for 60 seconds. Remove from grill and slice against the grain. Serve the salad onto plates and top with a few slices of tuna. Finish the dish with an additional dusting of sesame seeds and garnish with some pickled ginger and wasabi.

