

Tuna Steak Au Poivre' Mediterranean salad, almond pesto, sauce vierge

Ingredients:

2 (6-ounce) wild-caught yellowfin tuna fillets (F)
Basil-almond pesto (TN)
½ cup artichoke hearts, quartered
5 ounces organic green beans
1 organic Roma tomato
2 cloves organic garlic, peeled
⅓ cup organic green olives
6-8 sprigs organic parsley
1 large each organic roasted red and yellow peppers
2 loosely packed cups organic baby spinach

Directions:

COOK GREEN BEANS

Fill a medium pot two-thirds full with lightly salted water. Bring to boil. Trim ends off green beans and cut in half. Add to pot and boil 5 minutes. Green beans should be bright green and slightly crunchy when done.

ADD GREEN BEANS & TOSS VEGETABLES

Strain and rinse green beans under cold water. Place in a medium bowl. Add artichoke hearts, sliced roasted peppers, baby spinach, and basil pesto. Toss to coat and combine. Salt and pepper to taste.

CHOP OLIVES & PARSLEY

Meanwhile, roughly chop olives and place in second, smaller bowl. Destem parsley and roughly chop leaves; add to olives.

DICE TOMATO

Cut tomato in half lengthwise. Remove core. Roughly chop tomato into about ¼-inch wide pieces, similar in size to the green olives. Add tomatoes to olives and parsley.

FINISH SAUCE

Mince garlic. Add to olive mix. Add about 3-4 tablespoons olive oil. Salt and pepper to taste. Stir and set aside.

Pro Tip: Sauce vierge, French for “virgin sauce,” is an uncooked sauce, traditionally made with olive oil, tomatoes, basil, and garlic. Here, we’ve added olives and parsley, bringing basil to the dish in the pesto.

SEAR TUNA

Pat tuna steaks dry with paper towel. Salt and generously pepper. Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Carefully add tuna steaks to hot pan. Sear about 3 minutes on each side, or until a golden brown crust develops. Cook longer for more well-done piece of tuna.

Pro Tip: If you have a pepper grinder, use it here for a nice cracked black pepper crust.

PLATE YOUR DISH

Divide pesto vegetable salad between plates. Slice tuna steaks on a bias into about 4-5 pieces each. Fan tuna across vegetable salad and top with sauce vierge. Enjoy!

Yield: 2 servings

