



# Sesame Crusted Miso Tuna

## Serves 2

- 1 tbsp. white miso
- 2 tuna steaks (5 oz. /140g each)
- 4 tbsp. sesame seeds
- bunch spring onions, trimmed and sliced
- 7 oz. (200g) green beans, halved
- 1 tbsp. olive oil

## What you need to do

1. Heat 1 tablespoon of olive oil in a large pan over a medium-high heat.
2. Rub the tuna steaks with miso paste and coat with sesame seeds on each side. Cook the steaks in the pan for 1 ½ minute each side, then place them aside to rest.
3. In the same pan cook the spring onions and green beans for 3-4 minutes, or until beans are tender. Season to taste with salt and pepper, then divide between two serving plates.
4. Slice the steaks and place on top of the vegetables. Serve immediately.

GF DF LC HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	371	17	15	41

\*Nutrition per serving

