

## Seared tuna steaks

HdeH

Serves: 2

- 1 Tuna steak
- Dash of vegetable oil
- Kosher salt
- Freshly ground black pepper
- Sprinkle of white and black sesame seeds



Photography Henri T. de Hahn

1. Heat non-stick skillet with oil over medium high heat.
2. Add tuna steak, salt and pepper lightly, and sear each side for approximately two minutes (to the desired doneness).
3. Remove from heat, slice and plate. Once plated, sprinkle with sesame seeds.