

## Seared Tuna with Green Beans, Lemon and Wasabi

ROCCO DISPIRITO FEBRUARY 2010 NOW EAT THIS

YieldServes 4

### Ingredients

4 sushi-grade tuna steaks (3 ounces each)

Salt and freshly ground black pepper

Nonstick cooking spray

12 ounces slim green beans, trimmed

Juice and grated zest of 1 lemon

1 garlic clove, minced

2 tablespoons wasabi paste

4 scallions (white and green parts), sliced thin on the diagonal

3 tablespoons black sesame seeds

### Preparation

Bring a large pot of salted water to a boil. Preheat a grill or grill pan over high heat.

Season the tuna steaks with salt and pepper to taste, and spray them lightly with cooking spray.

When the grill is hot, add the tuna and cook for 1 1/2 minutes per side for medium-rare. Transfer the tuna to a platter and allow it to rest, uncovered, for 5 minutes.

Meanwhile, cook the green beans in the boiling water until they are just tender, about 3 minutes; drain.

In a medium bowl, whisk together the lemon juice and zest, garlic, and wasabi paste. Add the green beans, scallions, and sesame seeds. Toss to coat, adding salt and pepper to taste.

Thinly slice the tuna. Fan each portion onto each of 4 plates. Pile a mound of dressed green beans on top of the tuna, and serve.