

SEARED TUNA WITH SCHICHIMI TOGARASHI AND EXOTIC MUSHROOM AND RADISH SALAD

Serves 2

2 Tbsp sesame seeds
1 Tbsp poppy seeds
finely grated zest of 2 lemons
finely grated zest of 1 orange
1 tsp chilli powder
1 sheet nori, crumbled
1 tsp ground Szechuan pepper
2 x 170g tuna steaks
salt flakes and freshly-milled black pepper
1 Tbsp extra virgin olive oil
1 punnet shimeji mushrooms, trimmed
1 punnet shiitake mushrooms, sliced
1 punnet enoki mushrooms, trimmed
2 tsp sesame oil
2 tsp soy sauce
½ tsp brown sugar
2 eschalots, finely diced
1 garlic clove, minced
2 radishes, finely sliced
2 sprigs parsley, sliced

1 Combine the seeds, zests, chilli, nori and Szechuan pepper in a bowl. Season the fish with salt and pepper, then coat with the seed mixture. Heat the olive oil in a large skillet and sear the tuna over a high heat for 1 minute each side, until medium rare. Set aside.

2 In the same skillet, fry the mushrooms in sesame oil for 3 minutes, until softened, then mix in the soy, sugar, eschalots, garlic, radish and parsley. Spoon onto plates and top with a piece of tuna.