

Seared Tuna with Shaved Vegetable Salad

ACTIVE TIME 15 mins

TOTAL TIME 15 mins

YIELD

Serves 4 (serving size: 1 tuna steak and about 1 1/4 cups salad)

Root vegetables are a super popular side in the winter, usually roasted until fully tender. But shaving them raw into a side dish salad is a fantastic alternative. They're ready in just a few minutes, their earthy flavours stay vibrant, and a simple vinaigrette tenderizes them slightly while retaining a little crunch,

balancing the velvety tuna. A mild olive oil that won't compete with the vegetables or the tuna works here. Rice vinegar is not as tangy as other varieties. If you prefer a little more bite, try white wine or apple cider vinegar.



Ingredients

- 1/4 cup extra-virgin olive oil, divided
 - 1 tablespoon rice vinegar
 - 1 teaspoon kosher salt, divided
 - 3/4 teaspoon Dijon mustard
 - 3/4 teaspoon honey
 - 4 ounces baby gold beets, thinly shaved
 - 1 (120 gm.) fennel bulb, trimmed and thinly shaved
 - 4 ounces baby turnips, thinly shaved
 - 1 (170gm.) Granny Smith apple, very thinly sliced
 - 2 teaspoons toasted sesame seeds
 - 4 (170gm.) tuna steaks
 - 1/2 teaspoon black pepper
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- 1 tablespoon torn fennel fronds

How to Make It

1. Combine 2 tablespoons oil, vinegar, 1/2 teaspoon salt, mustard, and honey in a large bowl. Add beets, fennel, turnips, and apple; toss to coat. Sprinkle salad with sesame seeds.
2. Heat remaining 2 tablespoons oil in a cast-iron skillet over high. Sprinkle tuna with pepper and remaining 1/2 teaspoon salt; place in hot pan. Cook 90 seconds on both sides (for rare) or until desired degree of doneness. Remove tuna from pan. Slice thinly, and serve with salad; top with fennel fronds.