



Grilled tuna in sesame seeds on Thai glass noodles

## Grilled tuna in sesame seeds on Thai glass noodles



Pour boiling water over the glass noodles and allow to expand for 5 minutes. Drain and cut into pieces.

Prepare the pepper and blanch the sugar snaps by quenching in iced water.

Mix together all the dressing ingredients and mix with the glass noodles and vegetables.

Sprinkle sesame seeds over both sides of the tuna, then grill on both sides for 3-4 minutes.

Garnish the dish with the Thai basil.

### Salad:

- 100 g glass noodles
- 1 l boiling water
- 100 g carrots, peeled and cut into thin batons
- 100 g snow peas, cleaned and blanched

### Dressing:

- 40 ml soy sauce
- 20 g fresh ginger, finely grated
- freshly-ground pepper
- juice of 1 lime
- 1 tbsp raw cane sugar
- 1 tbsp roasted sesame oil
- 1 tsp chilli flakes

### Tuna

- 600 g tuna steak
- 30 g sesame seeds
- 3 tbsp sesame oil
- salt/pepper
- ½ bunch Thai basil