



Wasabi Yellowfin Tuna

Serves 4

Ingredients

- 2 tablespoons mayonnaise
- 1 1/2 teaspoons wasabi paste
- 1 teaspoon Chinese five-spice powder
- 1 tablespoon low-sodium soy sauce
- 4 (6 ounce) yellowfin tuna fillets
- 1 tablespoon rice vinegar
- 1 tablespoon low-sodium soy sauce
- 2 tablespoons toasted sesame seeds

Directions

- Mix together the mayonnaise, wasabi paste, five-spice powder, and 1 tablespoon of soy sauce in a small bowl.
- Lay the tuna fillets into a glass baking dish. Pour the rice vinegar and the other 1 tablespoon of soy sauce over the tuna. Spread the mayonnaise mixture evenly over both sides of each piece of fish. Cover the dish and refrigerate 15 to 30 minutes.
- Prepare a skillet with cooking spray and place over medium-high heat. Sprinkle the sesame seeds evenly over both sides of the fillets. Lay the tuna gently into the skillet. Grill to desired level of doneness, about 2 minutes per side for medium-rare. Serve immediately with rice and vegetables of choice.