

Seared Tuna Soba Noodles Recipe

Ingredients:

250 g soba noodles*
1/4 cup soy sauce
1/4 cup mirin*
500 g sashimi-grade tuna, bloodline removed, cut into 5cm x 7cm chunks
1 tablespoons extra virgin olive oil
50 g mizuna leaves*
1 bunch broccolini, blanched, refreshed in cold water

Method:

Cook soba noodles according to packet directions. Drain, then rinse in cold water. Combine soy and mirin, then toss through noodles. Brush tuna with oil, then season. Heat a large, non-stick frying pan over high heat. When hot, cook tuna for 20-30 seconds each side until lightly colored but still completely rare inside. Remove from pan and cut into 5mm-thick slices. Divide the noodles among plates, then top with mizuna, broccolini and tuna. Serve.

* Soba noodles and mirin are from Asian food shops and selected supermarkets. Mizuna is from selected greengrocers.

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