

Seared Ahi Steaks With Spicy Wasabi Mayo

Serves 2.

2 6-8 oz. grill grade Ahi tuna steaks

Wasabi Mayo

1/2 cup mayonnaise

1 tablespoon green onion

1/4 teaspoon or more of wasabi paste or powder

Whisk together and chill.

Marinade

1 tablespoon teriyaki sauce

1 tablespoon soy sauce

1/2 tablespoon rice vinegar

Cover steaks with marinade. Let stand for 30 minutes.

To grill, brush grill with oil and preheat grill to medium-high. Barbecue steaks on medium-high heat for about 2 minutes per side for medium-rare, or 4 minutes for medium.

For stove-top cooking: oil pan and heat until oil is hot but not smoking, and sear tuna on medium-high heat for about 2 minutes per side for medium-rare, or 4 minutes for medium.

Note: you can substitute mustard powder for wasabi.

Serve with rice, thinly sliced cabbage, couscous, or sauteed vegetables.