



SEARED SUMMER SALAD

'Community Through Cooking'

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INGREDIENTS:

Tuna

- 1 tuna filet
- ½ tbsp coarse sea salt
- 1 tbsp peppercorns, crushed

Salad

- baby arugula
- ½ cucumber, sliced
- ¼ red onion, sliced
- 13 Kalamata olives, halved
- 13 raspberries
- 1 tbsp feta cheese
- vinaigrette

RECIPE:

This salad has it all: fruit, fish, feta. Triple F, baby! A sweet and salty salad to be enjoyed during the last days of summer.

First, combine the sea salt and crushed peppercorns in a small bowl. Next, coat both sides of the tuna with the rub you just created and heat up a saucepan on medium-high. Sear your tuna by cooking each side for 90 seconds. Remove the tuna from your saucepan and let it sit as you prepare your salad.

Wash off your baby arugula and pat it dry with a paper towel to remove excess moisture. Place the baby greens in a salad bowl and mix with your vinaigrette. Slice the cucumber & red onion and add to the salad. Halve the Kalamata olives and toss in along with your raspberries.

Next, slice your seared tuna (against the grain) so each piece is about an eighth of an inch thick. Arrange the fish on top of your salad. Lastly, crumble some feta cheese on top and serve. Enjoy, boy-o!

-Al

