



## Marinated Raw Tuna with Edamame Puree and Wonton Crisps

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



40

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons canola oil
- 1 teaspoon chili paste depending on your taste pref red such as sambal
- 1 juice of lemon juiced
- 2 tablespoons brown sugar light
- 0.5 cup soya sauce low-sodium
- 40 wonton skins
- 2 tablespoons sake

- 1 teaspoon sea salt
- 0.5 cup sesame oil
- 2 tablespoons sesame seed toasted for garnish
- 1 pound soy beans frozen
- 1 pound sushi-quality tuna such as ahi, yellowfin or bluefin, cut in 1/4-inch strips
- 1 tablespoon wasabi powder
- 6 tablespoons water

## Equipment

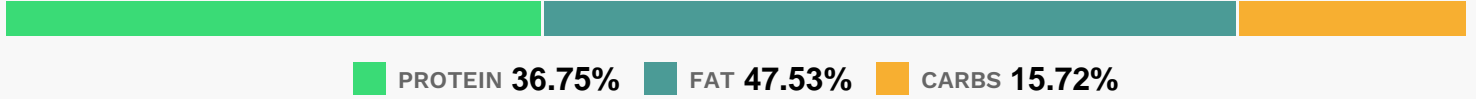
- food processor
- baking sheet
- oven
- whisk
- spatula

## Directions

- Preheat the oven 350 degrees F.
- Brush a couple of cookie sheets with sesame oil.
- Lay the wonton skins side by side in a single layer.
- Brush the surface of the wontons with sesame oil.
- Bake for 15 minutes until the wontons crisp up and the edges get golden. Using a spatula, remove the wonton crisps to a platter to let them cool.
- Blanch the soy beans in boiling salted water for 5 minutes.
- Drain, then pinch the beans out of their pods and put them in a food processor.
- Add the wasabi, salt, lemon juice, and water. Puree to break up the soy beans.
- Pour in the canola oil and puree until smooth. Refrigerate.
- Whisk together the soy sauce, sake, brown sugar and chili paste until the sugar dissolves. Arrange the sliced tuna in a single layer in a shallow dish.

- Pour the marinade over the tuna, cover and refrigerate for 20 minutes. Don't marinate the tuna any longer because it will start to "cook" and the texture will be mushy.
- To put these little gems together, dollop a spoonful of the edamame puree on the wonton crisp then lay a slice of tuna on the top.
- Garnish with a sprinkle of toasted sesame seeds.

## Nutrition Facts



### Properties

Glycemic Index:1.27, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.1913043331841%

### Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

### Nutrients (% of daily need)

Calories: 54.09kcal (2.7%), Fat: 2.89g (4.45%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.39g (0.5%), Sugar: 0.97g (1.08%), Cholesterol: 5.03mg (1.68%), Sodium: 243.37mg (10.58%), Alcohol: 0.12g (100%), Alcohol %: 0.43% (100%), Protein: 5.03g (10.05%), Selenium: 8.69µg (12.41%), Vitamin B3: 1.23mg (6.14%), Manganese: 0.12mg (6%), Phosphorus: 51.42mg (5.14%), Iron: 0.89mg (4.95%), Vitamin B12: 0.29µg (4.86%), Magnesium: 16.23mg (4.06%), Vitamin B6: 0.07mg (3.61%), Copper: 0.07mg (3.54%), Fiber: 0.76g (3.05%), Vitamin B2: 0.05mg (2.98%), Potassium: 94.39mg (2.7%), Vitamin K: 2.77µg (2.64%), Folate: 8.56µg (2.14%), Calcium: 19.63mg (1.96%), Zinc: 0.26mg (1.76%), Vitamin B1: 0.03mg (1.72%), Vitamin E: 0.22mg (1.48%)