



 **76%**
HEALTH SCORE

Sautéed Tuna and Green Onion Stalks on Romaine

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups bok choy shredded
- 1 tablespoon canola oil divided
- 1 large carrots
- 0.5 teaspoon sriracha (such as Lee Kum Kee)
- 1 tablespoon sesame oil dark divided
- 0.5 teaspoon dijon mustard

- 2 cups grape tomatoes halved
- 16 green onions cut into 5-inch pieces (2 bunches)
- 1 tablespoon orange juice fresh
- 1 tablespoon rice vinegar
- 4 cups torn romaine lettuce
- 1 teaspoon salt divided
- 1 tablespoon sesame seed toasted
- 24 ounce yellowfin tuna steaks

Equipment

- bowl
- frying pan
- whisk
- peeler

Directions

- Cut carrot lengthwise into ribbons using a vegetable peeler. Curl ribbons around fingers, and place carrot curls in a bowl of ice water.
- Combine vinegar, juice, 3/4 teaspoon salt, chili garlic sauce, and mustard.
- Add 1 1/2 teaspoons sesame oil and 1 1/2 teaspoons canola oil, stirring with a whisk.
- Heat 1 teaspoon sesame oil and 1 teaspoon canola oil in a large nonstick skillet over medium-high heat.
- Sprinkle fish evenly with remaining 1/4 teaspoon salt and pepper.
- Add fish to pan; cook 5 minutes on each side or until desired degree of doneness.
- Remove fish from pan.
- Heat remaining 1/2 teaspoon sesame oil and remaining 1/2 teaspoon canola oil in pan over medium-high heat.
- Add onions to pan; saut 5 minutes or until lightly browned, turning occasionally.
- Combine lettuce, bok choy, and tomatoes in a large bowl.

- Drain carrot curls; add carrot curls to lettuce mixture.
- Drizzle vinegar mixture over lettuce mixture; toss gently to coat. Arrange 1 1/2 cups lettuce mixture onto each of 4 plates.
- Cut each tuna steak into thin slices. Arrange 1 tuna steak and 4 onions on each serving; sprinkle each serving with 3/4 teaspoon sesame seeds.
- Wine note: What to pour with these diverse flavors? Dry ros's bold fruitiness stands up to the richness of the sesame oil, the impact of chili sauce, and the density of tuna. I love Ctes-du-Rhne ross from France. In particular, the 2006 Domaine de la Janasse Ctes du Rhne Ros is fantastic with this dish (\$14). Karen MacNeil

Nutrition Facts

■ **PROTEIN 57.79%**
■ **FAT 27.19%**
■ **CARBS 15.02%**

Properties

Glycemic Index:79.46, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:40.207826075347%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 311.49kcal (15.57%), Fat: 9.35g (14.39%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 7.31g (2.66%), Sugar: 5.39g (5.98%), Cholesterol: 66.34mg (22.11%), Sodium: 746.2mg (32.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.73g (89.46%), Selenium: 155.71µg (222.44%), Vitamin A: 9875.59IU (197.51%), Vitamin K: 175.08µg (166.74%), Vitamin B3: 32.77mg (163.87%), Vitamin B6: 1.82mg (91.09%), Vitamin B12: 3.54µg (58.97%), Phosphorus: 556.2mg (55.62%), Vitamin C: 40.05mg (48.55%), Potassium: 1341.72mg (38.33%), Folate: 139.02µg (34.75%), Magnesium: 100.78mg (25.19%), Vitamin B1: 0.34mg (22.36%), Manganese: 0.41mg (20.34%), Vitamin D: 2.89µg (19.28%), Vitamin B2: 0.32mg (18.91%), Iron: 3.34mg (18.55%), Fiber: 4.31g (17.25%), Copper: 0.27mg (13.47%), Vitamin E: 1.96mg (13.05%), Calcium: 128.53mg (12.85%), Zinc: 1.33mg (8.84%), Vitamin B5: 0.74mg (7.38%)