



Seared Tuna, Yellowtail and Salmon with Three Dipping Sauces

READY IN



165 min.

SERVINGS



10

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 10 servings canola oil
- ☐ 1 teaspoon chile-garlic sauce
- ☐ 1 pound yellowtail fillet 1-inch-thick sliced into strips
- ☐ 2 tablespoons ginger fresh finely grated peeled
- ☐ 2 cloves garlic with salt smashed
- ☐ 1 juice of lime

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- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 teaspoon lime zest grated
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 cup mayonnaise
- ☐ 1.5 cups orange juice fresh
- ☐ 0.5 teaspoon orange zest grated
- ☐ 0.3 teaspoon chile flakes red
- ☐ 2 tablespoons rice vinegar
- ☐ 1 pound salmon fillet skinless 1-inch-thick sliced into strips
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 1 large scallion white green thinly sliced and part
- ☐ 0.5 cup soya sauce
- ☐ 1 pinch sugar
- ☐ 1 pound tuna loin skinless 1-inch-thick sliced into strips
- ☐ 1 teaspoon sesame seed white toasted

Equipment

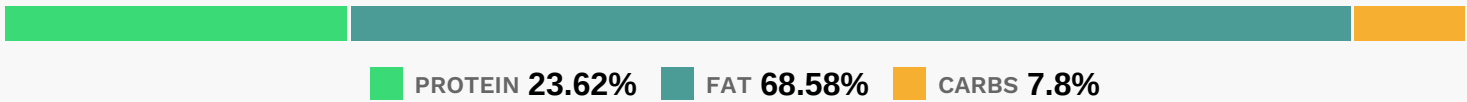
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 6-inch wooden skewers, soaked in cold water for at least 1 hour

- ☐ Preheat a charcoal grill or kamado-style ceramic charcoal cooker for direct grilling over high heat.
- ☐ Thread one strip of fish per skewer, brush with oil on both sides and sprinkle with salt and pepper. Grill until slightly charred on both sides and still rare in the middle, about 30 seconds per side.
- ☐ Serve on platters with the dipping sauces in small bowls.
- ☐ Whisk together the mayonnaise, garlic, lime zest and juice and salt and pepper to taste.
- ☐ Let stand 10 minutes to allow the flavors to meld before serving.
- ☐ Whisk together the soy sauce, lemon juice, chile-garlic sauce and sugar and season with pepper.
- ☐ Let the sauce sit at room temperature for at least 30 minutes before serving.
- ☐ Heat the oil in a medium saucepan over medium heat.
- ☐ Add the ginger and red chile flakes and cook until the ginger is soft, about 2 minutes. Increase the heat to high, add the orange juice, brown sugar, soy sauce and lime juice and cook until the mixture is reduced by about one-quarter, stirring occasionally, 8 to 10 minutes.
- ☐ Remove from the heat, stir in the rice vinegar and orange and limes zests and let cool to room temperature.
- ☐ Add the green onions and sesame seeds just before serving.

Nutrition Facts



Properties

Glycemic Index:44.51, Glycemic Load:2.35, Inflammation Score:-5, Nutrition Score:21.389130338379%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 5.89mg, Hesperetin: 5.89mg, Hesperetin: 5.89mg, Hesperetin: 5.89mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 474.63kcal (23.73%), Fat: 36.01g (55.4%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 8.75g (3.18%), Sugar: 6.33g (7.03%), Cholesterol: 70.19mg (23.4%), Sodium: 1076.63mg (46.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.9g (55.81%), Selenium: 63.24µg (90.35%), Vitamin B12: 3.05µg (50.8%), Vitamin K: 53.27µg (50.73%), Vitamin B3: 9.71mg (48.53%), Vitamin B6: 0.69mg (34.65%), Vitamin C: 24.09mg (29.2%), Phosphorus: 281.98mg (28.2%), Vitamin E: 3.96mg (26.4%), Potassium: 640.67mg (18.3%), Vitamin B2: 0.29mg (16.83%), Vitamin B1: 0.2mg (13.49%), Magnesium: 52.76mg (13.19%), Vitamin B5: 1.09mg (10.85%), Iron: 1.88mg (10.42%), Copper: 0.21mg (10.41%), Folate: 36µg (9%), Manganese: 0.15mg (7.73%), Vitamin D: 1µg (6.65%), Zinc: 0.97mg (6.48%), Calcium: 39.71mg (3.97%), Vitamin A: 195.83IU (3.92%), Fiber: 0.46g (1.85%)