

Name: **Seared Ahi Salad with miso dressing**

Description: Seared Ahi on the bed of green with miso dressing

Serving Size: 4

Ingredients: 1lb. Fresh Ahi  
2tbsp. Canola oil  
Sesame Seeds  
Spring greens  
Deep fried bean thread (fry at 400F)

Dressing: 3tbsp. White miso  
1tbsp. Sugar  
2tbsp. White vinegar  
3 shiso leave finely sliced (optional)  
Lemon peel  
1tsp. Soy sauce

Instructions: Roll ahi on the bed of sesame seeds to cover all surfaces.  
Heat oil on the flat sauté pan. To test the temperature, drop few pieces of sesame seeds to see that makes sizzling noise.  
Lay ahi on the pan one side at the time about 10sec or until the color of the side changes to white.  
Repeat until all the sides are seared.  
Place it in a zip lock bag and cool it in the ice bath for 3 minutes  
Slice and serve  
Mix dressing  
You may need to adjust amount of sugar to your liking. It depends on miso that you are using.