



**NEW EPISODES
MONDAYS
AT NOON EST**

"Chilled Summer Afternoon" Tuna Tartare w/Plantain Chips

Dressing:

**1 tbsp tamari
1/2 tsp canola oil
1/2 tsp toasted sesame oil
1/4 tsp wasabi paste
1/2 tsp Sriracha (or other hot sauce)
Juice and zest of half a lemon
1 tbsp grated fresh ginger**

**4-6 oz sushi-grade tuna, diced (about 4-6oz)
2 tbsp toasted black & white sesame seeds
1 tbsp chopped fresh chives
Plantain chips**

Whisk the dressing ingredients together in a small bowl. Gently toss the tuna with the dressing and mix well. Cover with plastic wrap and allow to sit for 10-15 minutes so the flavors can combine. (You can make the tartare a few hours ahead of time and refrigerate it - take it out 15-20 minute before serving to take the chill off).

Mound the tartare onto a serving dish, sprinkle with chives and serve with plantain chips.

No plantain chips? Try crackers instead!!