



## Wasabi-Grilled Tuna Steak with Blueberries, Black Bean and Avocado Salsa

### Ingredients (serves 4):

#### **Tuna:**

4 5-ounce tuna steaks  
1 Tb. 100% wasabi powder (Some brands are horseradish with green coloring added.)  
1/2 bunch cilantro

#### **Salsa:**

6 tomatillos (if not available fresh, substitute yellow tomatoes)  
1 can black beans, drained and rinsed  
2 avocados  
1 radish  
1 jalapeno  
2 Tb. pickled ginger slices

#### **Blueberry Dressing:**

1/2 cup safflower oil  
1/4 cup sesame oil  
1/4 cup olive oil  
1 1/2 cup fresh blueberries  
1 lemon  
1 tsp. cumin  
1/4 tsp. sea salt  
1/4 tsp. black pepper

1. Make wasabi paste by mixing a tiny amount of water into the powder. Finely chop the cilantro. Select a 1/3 cup of blueberries. Set these ingredients aside.
2. Chop avocados and tomatillos. Remove seeds from jalapeno and finely dice. Thinly slice radish and then quarter the slices. Chop pickled ginger.
4. Mix three oils together. Mix salsa ingredients in a bowl with juice of one lemon, 1/3 oil mixture and salt and pepper to taste.
5. In a blender, puree remaining blueberries, 1/3 oil mixture, cumin and remaining salt and pepper. Reserve dressing.
6. Grill Tuna Steaks in remaining 1/3 oil mixture to desired doneness. Spread a thin layer of wasabi on each steak and then coat with chopped cilantro.
7. Serve steaks topped with salsa, drizzled with dressing and dotted with blueberries.

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