

## Sesame seed tuna loin, heirloom tomatoes & avocado



### **Profitability:**

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### **Ingredients:**

small fresh loin of tuna

200g of black sesame seeds

200g white sesame seeds

Salt and pepper for seasoning

4 tbsp rapeseed oil

4-6 heirloom tomatoes depending on size, thinly sliced

For the marinade

Small bunch of fresh basil

4-6 tbsp extra virgin olive oil

1 clove garlic, crushed

2 tsp caster sugar

1 tsp tabasco

1 lemon, juiced

Avocado purée

3 ready to eat avocados

1 red chilli, diced

Salt and pepper to taste

1 lemon, juiced

300ml cold water

**Steps:**

Cut the loin into 3-5 inches thick, roll in the sesame seeds and chill in a refrigerator

For the marinade: blitz all ingredients together and slowly add the olive oil. Cover the tomatoes and leave for 8 hours to marinade in a refrigerator

For the avocado purée: scoop out the avocado into a blender along with the chilli, lemon juice and salt and pepper. Start to blitz and slowly add the water for right thickness

Season the loin well and sear in a hot non stick pan with butter and oil and cook it medium rare and colour the sesame seeds

Arrange the tomatoes and avocado purée accordingly and while the tuna is resting garnish the dish with sweetcorn for sweetness and edible flowers for colour