

G O O P



Pancakes, Tuna Sandwiches, and Black Pepper Chicken **Asian Tuna Sandwiches with Soy and Sesame Mayonnaise**

ingredients

- 2 tuna steaks, about half a pound each
- 2 tablespoons peanut oil
- 1 tablespoon finely minced ginger
- 8 slices ciabatta
- Extra virgin olive oil
- Soy and sesame mayonnaise
- Freshly ground black pepper
- 1 cup arugula

preparation

Slice each tuna steak in half horizontally so you end up with four thin steaks (more bang for your buck!). Rub them with the peanut oil and ginger. Set a large, nonstick skillet over high heat. When it's hot, cook the tuna steaks for 20-30 seconds on each side or until just seared.

1

G O O P



Pancakes, Tuna Sandwiches, and Black Pepper Chicken **Asian Tuna Sandwiches with Soy and Sesame Mayonnaise**

preparation (cont'd)

Meanwhile, grill or toast the bread and drizzle with a little bit of olive oil. Spread the soy and sesame mayo on one side of each slice and sprinkle with freshly ground black pepper. Distribute the tuna and arugula evenly on four slices of bread and sandwich with the remaining four slices.

Devour.

2