



## Seared Tuna with Sherry Glaze over Quinoa with Avocado 4 servings

### Tuna

- 4 6 oz sushi grade tuna steaks (about 1 inch thick)
- 1 Tbsp coarsely ground black pepper
- 2 Tbsp peanut oil or canola (enough to cover the bottom of the pan)
- 4 Tbsp low sodium soy sauce or tamari
- 1/2 cup dry Sherry (my favorite is Dry Sack)
- 1 Tbsp gingerroot, grated
- 4 Tbsp scallions, chopped

### Quinoa

- 5 Tbsp dried cranberries
- 1 package Seeds of Change Uyuni Quinoa & Whole Grain Brown Rice mix or 2 cups quinoa, rinsed well and cooked
- Kosher salt
- 1 lemon
- 3 Tbsp fresh lemon juice
- 2 avocados, pitted, peeled and diced
- 2 scallions, sliced thin
- 3 Tbsp sliced almonds, toasted

Heat the Seeds of Change Grain mixture for the desired time or cook the quinoa in 4 cups water or chicken broth until it comes to a boil, turn the heat down to low and cook for about 12 minutes or according to the package directions.

Fluff the grain mixture. In a small bowl, add the zest and juice of a lemon. Whisk in the olive oil and salt and salt to taste. In a large bowl, toss the vinaigrette with the grains, avocado, cranberries, scallions and almonds. Set aside.

Sprinkle steaks with a generous coating of coarse ground pepper and press to adhere. Heat oil in a skillet. When the oil is hot add the steaks and sear about 3 minutes on the first side and 2 to 3 minutes on the second side. Transfer the tuna to pan and finish cooking in a preheated 350 degree oven until desired temperature is achieved. I like mine med-rare so I only leave it in the oven about 5 minutes but ovens vary so keep an eye on your tuna.

Add the soy and Sherry to the same skillet. Reduce heat and simmer until mixture is reduced scraping up any browned bits, about 2 minutes. Add the ginger and heat until fragrant. Turn off the the heat and pour the sauce over the tuna and sprinkle with scallions. Slice the tuna and serve on top of the quinoa with a drizzle of the Sherry sauce.

Leftovers: Combine the sliced tuna and quinoa and serve the next day cold for lunch.

