

Cheney **C-B-I**
Brothers

Foodie Friday

Seared Tuna With Avocado Relish



INGREDIENTS:

- ❖ 4 ounces Crazy Fish International Yellowfin Tuna Loin #10046167
- ❖ ½ tsp Fortune Togarashi seasoning #10038944
- ❖ 1 CBI Produce Hass Avocado ripe #425025
- ❖ ¼ cup CBI Produce European Seedless Cucumber diced #432370
- ❖ 1 CBI Produce Green Scallion sliced #444025
- ❖ 1 tsp CBI Produce Cilantro chopped #468248
- ❖ 1 tsp Sushi Chef Mirin Cooking Wine #48073
- ❖ ½ tsp Cheney Brothers Estate fresh Ground Pepper #10007274
- ❖ ½ tsp Cheney Brothers Estate Sea Salt #10007273
- ❖ 2 ounces CBI Produce Baby Kale #437070
- ❖ 1 ounce CBI Produce Watercress #437165
- ❖ Fronte Extra Virgin Olive Oil #114036
- ❖ CBI Produce Micro Yellow Pea Shoots #469345
- ❖ CBI Produce Micro Fiesta Blend #10040404
- ❖ 1 tsp Clovis Champagne Vinegar #62004



INSTRUCTIONS

1. In a mixing bowl combine diced avocado, cucumber, scallions, cilantro, mirin, champagne vinegar, salt, and pepper. Stir ingredients until well incorporated.
2. Place a skillet over medium-high heat and coat with olive oil. Season the tuna with the Togarashi. Lay the tuna in the hot oil and sear all around keeping it rare.
3. Toss kale and watercress together and lightly coat with olive oil, salt, and pepper.
4. Slice seared tuna and shingle onto the plate. Garnish with micros and baby greens. Arrange avocado relish around tuna and serve.



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The logo is set against a red, brush-stroke-like background. The text 'Cheney' and 'Brothers' is in a bold, sans-serif font, while 'Foodie Friday' is in a white script font.

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