

SEARED AHI TUNA WITH LEMON DOTERRA ESSENTIAL OIL DRESSING

8-10 oz Sushi grade Ahi Tuna Steak
Sea Salt and White Pepper
Black Sesame Seeds
Grapeseed Oil
Soy Sauce
2 drops of Lemon Do Terra Essential Oil

1. Dry tuna with paper towel. Season tuna with sea salt and pepper to taste. Sprinkle with sesame seeds to cover pressing into the tuna on both sides and edges.
2. Heat frying pan on high heat with just enough oil to cover bottom of pan. Place tuna steak in pan and sear, adjusting heat so as not to burn, until cooked $\frac{1}{4}$ way up the side before turning once and searing for only about 1 minute on the other side. Set aside.

Dressing

$\frac{1}{4}$ Cup Lime Juice
1 Tablespoon Cherche's Champagne Mustard
1 Teaspoon of Sesame Oil
1 Teaspoon of Garlic, Chopped
1 Tablespoon of Fresh Ginger, peeled and chopped
 $\frac{3}{4}$ Cup of Grapeseed Oil
 $\frac{1}{2}$ Teaspoon Sea Salt and White Pepper to taste
2 Drops of do Terra Essential Oil

Whisk together first three ingredients.
Gradually add Grapeseed Oil whisking rapidly to incorporate. Add doTerra Lemon Oil. Season to taste.

Assemble

Slice tuna across grain. Toss salad in dressing to coat. Top with tuna and drizzle with little more dressing.

