



Mango Salad with Seared Tuna

Adapted from Rick Bayless' Recipe as posted on [The View From the 32nd Floor](#)

- 1 pound quality raw tuna
- 1/3 cup fresh lime juice
- 1/3 cup vegetable oil
- 2 cloves garlic, peeled
- 1 jalapeno pepper, seeded and roughly chopped
- 1 tablespoon honey
- 1/2 teaspoon kosher salt
- sesame oil
- 1 head Boston lettuce, leaves separated
- 2 large ripe avocados
- 2 ripe mangoes

Place a small skillet over medium heat and add the oil, garlic and chile. Cook for approximately 8 minutes, stirring frequently, until the garlic is soft and lightly browned. Scrape the oil, garlic, and chile into the food processor. Add honey and salt and process until smooth. Taste and adjust seasoning as necessary.

Rub the tuna with a bit of sesame oil, salt, and pepper. Sear tuna over medium high heat in a skillet or on a grill for 1 minute on each side. The tuna should be pink in the middle and cooked just around the edges. Let rest and then slice.

Divide the lettuce among 4 plates. Top with avocado and mango slices. Place tuna on top and drizzle with the dressing.

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