

TUNA WITH AVOCADO, CHIPOTLE AND HAZELNUTS

COOKING TIME 20 MINS | SERVES 4 | BY CHEF GREGORY GOURDET



CERTIFIED
SUSTAINABLE
SEAFOOD

TUNA WITH AVOCADO, CHIPOTLE AND HAZELNUTS

RECIPE BY CHEF GREGORY GOURDET (@GG30000)

For the avocado

- ½ small white onion, cut into ⅛-inch dice
- 1½ T flaky sea salt
- 1½ T lime juice (about 2 juicy limes)
- 2 large ripe Hass avocados
- 2 T extra-virgin olive oil

Combine the onion, salt and lime juice in a medium bowl. Stir it well then set it aside for 10 minutes.

Halve the avocados and remove pits. Score the flesh in a criss cross pattern and use a spoon to scoop the flesh into the bowl with the onions. Use a fork to mash about half of the avocado to a creamy texture. Drizzle in the olive oil and use a spoon to stir gently until there's no more visible oil.

For the tuna

- 1 wild yellowfin tuna steaks, thawed if frozen
- 1 t salt
- ½ t ground pepper
- 1 T avocado oil
- 1 small dried chipotle, soaked in hot water or adobo sauce 20 minutes then minced
- 2 inches ginger, peeled and minced
- 1 large handful cilantro leaves
- ¼ c olive oil

Heat the avocado oil in a large heavy skillet over high heat. Pat the tuna dry with a towel and evenly season both sides with salt and pepper. Before oil starts to smoke, add the tuna and cook for 15 seconds on each side,

just until they turn white. Transfer to a cutting board and let them rest shortly. In a small bowl, combine the minced chipotle, ginger, cilantro and olive oil and toss all to combine. Cut the tuna into 1-inch cubes and transfer to the bowl with dressing. Toss the tuna well and let marinate briefly.

Make the dish

- ½ c roasted hazelnuts, chopped
- Tortilla chips for serving

Spread avocado on a platter and top with tuna and marinade.

Sprinkle with hazelnuts and cilantro and serve with chips.



Photo: cottonbro from Pexels