

A stack of pickled carrot slices, topped with tuna loin, avocado, and sesame seeds. The stack is garnished with green leaves and sits on a blue textured surface.

Tuna loin & avocado,
with pickled carrots & soy
dressing



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Serves 4

INGREDIENTS:

Pickled carrots	60ml mirin	40g dijon mustard	6g maldon salt
40g caster sugar	30ml rice vinegar	Furikake	To serve
40g fresh ginger	Avocado puree	40g black sesame seeds	160g tuna loin
80ml tamari soy sauce	2 avocados	40g white sesame seeds	0.5 avocado
80ml rice vinegar	0.5 lemon, juiced	20g nori sheet	6g coriander cress
240g purple carrots	salt to taste	4g chilli flakes	12g crispy shallots
Soy dressing	Shiso mustard	6g caster sugar	
8g arrowroot	12g shiso cress, finely chopped		
60ml tamari soy			

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METHOD:

1. To make the pickled carrot; start by making a ginger syrup, bring 40ml water and sugar to a boil then add the ginger. Allow the syrup to infuse overnight, then strain through a chinois. Mix the syrup with the tamari and vinegar.
2. Blanch the carrots in boiling water for 30 seconds or until just becoming tender. Drain carrot and submerge in the pickling liquid. Allow to pickle for at least 3 hours and for a maximum 48 hours.
3. To make the soy dressing; mix the arrowroot with cold water until it's a pourable paste.
4. Place the tamari, mirin and vinegar to a pan and bring to a simmer. Add some of arrowroot until you have a coating consistency. Cook out for around 30 secs then pour into a container, cover and chill.
5. For the avocado puree; peel the avocados and remove the stones. Blend along with the salt, 10ml water and lemon juice until smooth. Press through a fine sieve/chinois and transfer to a squeeze bottle or piping bag.
6. To make the shiso mustard; mix the shiso cress with the mustard, transfer to a piping bag.
7. To make the furikake; preheat the oven to 180 no fan. Toast the sesame seeds for 8 mins, toast the nori for 5 mins and the chilli flakes for 3 mins. Blend the nori, salt and sugar to a coarse powder, add the sesame seeds and chilli and give a brief pulse.
8. To serve; cut the tuna and avocado into 1cm dice, mix with enough soy dressing and a pinch of furikake to coat.
9. Divide between serving plates in mounds. Add small dots of the mustard over the tuna followed by larger dots of the avocado puree. Sprinkle the crispy onions over the top then cover the mounds with the pickled carrot slices. Finish with a further sprinkle of furikake and coriander cress.