



K.I.S.T
(keep it
simple
tuna)



chef

Sāsha is a born and raised Bostonian. She grew up in the restaurant industry, father and grandfather were both chefs. Her pescatarian partner was the inspiration for this dish.

K.I.S.T (keep it simple tuna)

ingredients

- | | | |
|------------------|----------------|------------|
| 1 tuna steak | 1 teaspoon sea | taste |
| 3 leaves of kale | salt, to taste | ½ lemon, |
| 1 tablespoon | 1 teaspoon | juiced |
| olive oil | pepper, to | 1 baguette |

how-to

1. Preheat your oven to high or broil (air fryers at 400 degrees also work just as fine)
2. Rub your kale with olive oil and salt place on a baking sheet, spreading the leaves evenly on the sheet.
3. Place the sheet in the oven for 4-5 minutes until you have charred most of the leaves, but still have a green stem.
4. Salt and pepper both sides of the tuna steak and lightly sear for about 1 minute per side, pull and rest before slicing.
5. Slice baguette and toast with olive oil.
6. Place sliced tuna and kale in a serving dish and finish with good olive oil.



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