



Method

Preheat the pan or griddle to medium high. Cook soba noodles in a large saucepan of boiling water until just tender (2-4 minutes). Drain and refresh under cold running water and set aside.

Remove tuna from marinade and pat dry. Place in the pan with the smallest amount of oil and caramelize each side for 10 seconds. Leave to sit for 2 minutes before slicing thinly.

Place noodles in a bowl. Add sugar snaps, sesame seeds, coriander, cucumber & spring onions. Add rice vinegar, soy sauce & sesame oil to the noodles and place evenly into 4 bowls.

Fan tuna over the noodles and top with coriander sprigs.

Teriyaki Sauce Method

Place all ingredients in a saucepan and bring to the boil. Chill in the refrigerator before using.

Ingredients

- 380g Tuna Belly Saku Cut into 4 Even Pieces and Marinated in Teriyaki Sauce
- 400g Soba Noodles
- 250g Sugar Snap Peas Blanched and Halved Lengthways
- 3 Tbls White Sesame Seeds
- 1/2 Bunch Coriander Roughly Chopped
- 1 Cup Coriander Leaves
- 1 Continental Cucumber, Cut into Matchsticks
- 100ml Rice Vinegar
- 3 Tbsp Soy Sauce
- 4 Tsp Sesame Oil
- Teriyaki Sauce Ingredients
- 125ml Light Soy Sauce
- 100ml Mirin
- 100ml Sake
- 50g White Sugar
- 1 Orange Zest & Juice