FOOD & FUN (/CATEGORY/FOOD-FUN)

# Rachael's Japanese Crispy Tuna Steaks With Stir-Fried String Beans

by Rachael Ray 06:00 AM, January 15, 2019

"When I bread tuna or swordfish," Rach says, "I never flour or egg the fish since it has enough moisture to attach to the crumbs naturally."

*Adapted from Rachael Ray Every Day, January/February 2019.*
(https://www.rachaelraymag.com/recipe/tuna-stir-fry-green-beans)

## Ingredients

**For the sauce:**

½ cup aquafaba mayonnaise (Sir Kensington's), or regular mayonnaise

2 tablespoons Dijon mustard

1 tablespoon soy sauce, shoyu, or tamari

1 tablespoon Sriracha

1 teaspoon fresh lime juice

1 teaspoon ground ginger

1 clove garlic, grated or pasted

**For the green beans and crispy tuna:**

Salt

1 pound trimmed green beans, or haricots verts (small green beans)

1 cup plain breadcrumbs

½ cup panko breadcrumbs

3 tablespoons white or black sesame seeds

1 teaspoon chili powder or crushed red pepper

1 teaspoon granulated garlic

1 teaspoon granulated onion

1 teaspoon ground ginger

4 sushi-grade tuna steaks, each 6 to 8 ounces and about 1 ¼ inches thick

About ¼ cup plus 3 tablespoons safflower, peanut, or canola oil

6 scallions, cut on an angle into 2-inch pieces

3 tablespoons soy sauce, shoyu, or tamari

2 tablespoons mirin or rice wine vinegar

2 teaspoons toasted sesame oil

Pepper

Finely chopped chives, for garnish

## Yield

Serves: **4**

## Preparation

In a small bowl, whisk all the ingredients for the sauce.

For the green beans, in a large deep skillet, bring a few inches of water to boil. Prepare a large bowl of ice water. Salt the boiling water and add the green beans. Cook until crisp-tender, about 3 minutes. Drain the green beans and add to the ice water. Let cool, then drain well.

Heat a large cast-iron skillet over medium to medium-high.

In a shallow dish, mix the plain breadcrumbs, panko, sesame seeds, chili powder, granulated garlic, granulated onion, and ground ginger.

Season both sides of the tuna with salt. Coat the tuna with the breadcrumbs, pressing firmly so the crumbs adhere.

Add enough safflower oil to the bottom (about ¼ cup). When the oil begins to ripple, add the tuna. Cook until deep golden, about 3 minutes per side. Transfer to a wire rack.

Meanwhile, in a large nonstick skillet, heat the remaining 3 tablespoons safflower oil, three turns of the pan, over high. When the oil begins to smoke, add the green beans and scallions. Stir-fry until the green beans blister, about 3 minutes. Add the soy sauce, mirin, and sesame oil; season with salt and pepper.

Serve the crispy tuna on top of the sauce. Or top the tuna with the sauce. Garnish with chives. Serve with the green beans.